**Companion Animal**

**Packet # 11**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

1. Which of your germinated seeds have grown the tallest?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. How tall is their average height?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. According to your research, would these plants be safe to have with companion animals?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. Why or why not?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. Would these plants enhance your home for companion animals?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Companion Animal**

**Packet # 12**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**THE BEST AND WORST PLANTS FOR PETS**

**By Melissa Salce,** ***Herbal Academy***

**A Pet-Safe Yard and Garden: The Best Plants for Pets**

While there are many herbs, plants, and vegetables that are healthy and safe for domestic animals, there is a long list of plants that are downright toxic to our four-legged companions. Sadly, these dangerous plants are prevalent, lurking in our yards and homes.

Most animals naturally crave plants, so be sure the ones you grow are safe if eaten. While it’s a natural instinct for dogs and cats to eat grass to settle an upset stomach, never let pets graze on plants or grasses that have been treated with pesticides.

Herbs and flowers in the massive sunflower family, including favorites such as chamomile, dandelion, [milk thistle](https://amzn.to/2MRIX4H), calendula, and echinacea are safe for dogs and cats (Tilford & Wulff, 2009, p.95).

The humble dandelion contains a wealth of vitamins and minerals and is considered “one of the most complete plant foods on earth” (Tilford & Wulff, 2009, p.95).

Nearly all members of the mint family — peppermint, spearmint, lemon balm,thyme and catnip are non-toxic and generally well-tolerated by animals when used correctly.

Despite its reputation for exciting cats, catnip can help to calm both the nervous and digestive systems of animals (Puotinen, 1998).

Once a lowly garnish, parsley is rich in protein, fiber, vitamins, and trace minerals (Blarowski, 2017). It can help with gastric issues, and may ease the inflammation of arthritis (Tilford & Wulff, 2009).

Additional pet-safe herbs include ginger, burdock and oregano (Blarowski, 2017).

When it comes to edible plants, carrots, parsnips, zucchini, cucumbers, celery, peas, sweet potatoes, broccoli, and green beans are safe for dogs and cats (Puotinen, 1998).

Keep in mind that many of garden staples — including eggplant, garlic\*\*, onions, potatoes, tomatoes, and mushrooms — are toxic to pets. \*\*While garlic has myriad herbal applications, the plant should never be consumed by animals.

When introducing new foods to your companion animals, be sure to go slow and consult your veterinarian.

**Fill in the Blanks**

1. Never let dogs or cats to graze on grasses that have been treated with \_\_\_\_\_\_\_\_\_\_\_\_\_

2. Most pets naturally crave \_\_\_\_\_\_\_\_\_\_\_\_ .

3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ may ease the inflammation of arthritis

4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is one of the most complete plant foods on earth.

5. Although \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ has myriad herbal applications, the plant should never be consumed by animals.

**Companion Animal**

**Packet # 13**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

1. You planted four different species in peat pots that can then be planted directly into the ground. Compare this with spreading seed of plants for pet enjoyment. Which method might be more effective and why?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. Would the best method change if you were planting perennials (which live many years such as trees and shrubs) compared to the annuals (that live only one year) that you planted in your mini greenhouse?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Companion Animal**

**Packet # 14**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**



**THE BEST AND WORST PLANTS FOR PETS**

**By Melissa Salce,** ***Herbal Academy***

***The Best and Worst Indoor Plants***

Houseplants add so much to our indoor spaces such as color, texture, and oxygen, but unfortunately, many common houseplants are poisonous to pets. Maintaining pet-safe plants indoors offers peace of mind as lots of animals — especially cats, kittens, and puppies — like to nibble.

The classic spider plant is easy to grow, air purifying, and safe for dogs and cats. True ferns, including Boston fern and asparagus fern are also non-toxic and make great hanging plants (Wong, 2016).

The majority of plants in the *Palmae* family are non-toxic to dogs and cats and easy to maintain. Look for ponytail palm, cane palm paradise palm and the ubiquitous parlor/bamboo palm (ASPCA, n.d.a.).

However, despite the name, sago palm is NOT a true palm and is toxic to domestic animals (American Society for the Prevention of Cruelty to Animals, (n.d.b.).

Two of the most popular houseplants, pothos and philodendron are also highly toxic and harmful if ingested by dogs and cats. If you have these at home, be sure to move them to a high shelf, out of reach, or take them to work to be safe.

Numerous people are saddened to learn that holiday favorite, the poinsettia, is toxic to their four-legged friends. However, the equally cheerful Christmas cactus safe. And, if you enjoy a bright red bloom, you can also opt for a bromeliad, which is pet-safe as well.

Aloe vera is a favorite herb and houseplant; however, the plant is toxic and should not be eaten by dogs or cats. The gel-like juice of the inner leaves can be used topically on animals for skin irritation or wounds, and, although bitter, it is generally considered safe for internal and external use in dogs and cats, but do not let them chew directly on the leaves or stalks of this plant (Tilford & Wulff, 2009).

Animals are smart and inquisitive. Cats are exceptionally curious, and they often investigate plants even if they are not looking for a snack. If you know your dog or cat loves to check out your houseplants, keep some safe options like catnip or wheatgrass available for them to explore.

**Fill in the Blank**

1. The \_\_\_\_\_\_\_\_\_\_\_\_\_ palm is not a true palm and is toxic.

2. True \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are non-toxic and make great hanging plants.

3. The holiday favorite \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is toxic to our four-legged friends.

Keep some safe options such as

4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or

5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ available for them to explore.

**Companion Animal**

**Packet # 15**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Weekly Update**

**Name of the seed:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Number of seeds planted: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Germination Percentage: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Average height: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

General health/Notes: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~

**Name of the seed:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Number of seeds planted: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Germination Percentage: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Average height: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

General health/Notes: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~

**Name of the seed:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Number of seeds planted: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Germination Percentage: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Average height: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

General health/Notes: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_