



Dr. Margaret Conover, Botanist

Contact: Margaret.Conover@gmail.com or 631-357-3065

Chia! the Revival of an Ancient American Crop

Chia seeds (*Salvia hispanica*) are the newest "super food" to come on the market. They are a superior source of omega-3 fatty acids, fiber, calcium, protein and iron. They have a mild, nutty flavor and can easily be added to any diet.

This 60 minute lecture-demonstration will cover:

- growing chia
- the history of chia seed use by the Aztecs
- the invention of the Chia Pet
- cooking with chia seeds

Participants will have the opportunity to taste chia seed products and sample recipes.

Books, seeds and related items will be available for purchase.

www.chiativity.org

General Botany Lectures and Workshops

Dr. Conover offers presentations including lectures, workshops and field trips, on a variety of botanical topics including:

- Botany for Gardeners
- Botany for Teachers
- Wild Plant Identification
- Weeds: Invasive Plant Species
- The History Of Botany Education

Lectures are beautifully illustrated with close-up photos of flowers, fruits, and leaves as well as microscopic photos.

Every presentation includes hands-on experience with living plants. Nature walks teach recognition of local plant species.

Lectures and Workshops may be tailored to your needs and structured to provide in-service training experience for teachers.



Margaret Conover is a botanist and science educator. She received her Ph.D. in 1982 for research she conducted on leaves of the lily family in Australia. Now retired, Margaret has enjoyed a career as a museum director while teaching botany part-time at Stony Brook University, the New York Botanical Garden, and the New York Center for Teacher Development. She is a Master Gardener, a member of the promising plants committee of The Herb Society of America, and co-founder and newsletter editor of the Long Island Botanical Society. In 2006, Dr. Conover founded a small business: **Chia Power**, dedicated to the promotion of the use of chia seeds for fun and food.