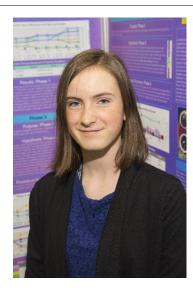




## CWSF 2019 - Fredericton, New Brunswick



## **Emma Palmer**

## **Northern NEW-trition**

Challenge: Health Category: Junior

Region: Simcoe County
City: Collingwood, ON
School: Pretty River Academy

Abstract: This experiment investigated ways to grow a medicinal plant to fight

diabetes in Northern Canada to address the incredibly high rates of

diabetes, and provide a fresh vegetable grown inside the home. This project discovered that an Asian plant, Gynura Procumbens, fertilized with eggshell tea, thrives in the short daylight hours of Northern Canada, cost efficiently and conveniently, to effectively promote health in northern communities.

## **Biography**

I am Emma Palmer, a grade 8 student at Pretty River Academy, and this is my second time attending CWSF. Every year since grade 4, I have had the pleasure of attending the Simcoe County Regional Science Fair and it is always my favourite time of year. In my spare time, I read constantly and practise aerial silks and competitive figure skating. I love to volunteer in my community and am part of the local Interact club, run by the Rotary Club. This year my project investigated whether a traditional medicinal plant from Asia could be grown in homes in Northern Canada to address the high rates of diabetes and bring a fresh vegetable into northern homes. I was inspired to do this project by my cousin who works as a doctor in communities in Northern Ontario which got me interested in the burgeoning rates of diabetes and I was determined to help. Further investigation would focus on distributing these plants in northern homes, schools or community centres. If you are doing a science fair project my advice is to find a topic that you are passionate about and it will motivate you to keep working and make a difference.

Awards	Value
4-H Canada Sustainable Agriculture Award - Junior	\$500
Sponsor: 4-H Canada	
Excellence Award - Junior - Silver Medal	
Sponsor: Youth Science Canada	
Western University Scholarship	\$2 000
Silver Medallist - \$2000 Entrance Scholarship	
Sponsor: Western University	
Total	\$2 500





