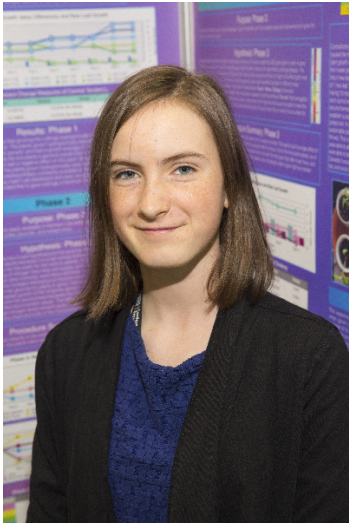


# CWSF 2019 - Fredericton, New Brunswick



## 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 Sponsor: 4-H Canada	\$500
Excellence Award - Junior - Silver Medal Sponsor: Youth Science Canada	
Western University Scholarship Silver Medallist - \$2000 Entrance Scholarship Sponsor: Western University	\$2 000
<b>Total</b>	<b>\$2 500</b>