

Herb Garden Workshop

Culinary and Medicinal Herbs



Duration: 10–15 minutes

Number of Students: 5–20

Age Range: All

Materials:

- Table and table cloth
- Bowls and labels
- Tea and cups
- Salves and other products made with herbs
- Fresh and/ or dried representation of herbs
- Herb Identification Cards
- Info on each herb chosen from Herb Guide*

CONTEXT: Learn the value of herbs and their many uses.

OBJECTIVE: To have a hands on experience with herbs and familiarize their lovely smells.

PREP: Gather samples of each herb in small bowls on a table. Make a simple fresh tea by steeping the herbs you are focusing on for the day in hot water, and then add a little honey. You can also place out salves or herb soaked oils if they are available. **Optional:** Make a spray bottle with an herb as well (lavender or lemon balm are great), to refresh the kids on hot days!

THE FLOW: (The tour should have introduced them to the herb garden, and if not explain that our herb garden has mostly perennials– plants that grow year after year, and that we harvest from it for meals and medicines.)

- **Begin:** Introduce the workshop and explain that we are going to learn about three herbs, their uses and get to taste some tea made from them and try some of the medicine we've made.
- **Introduce each herb one-by-one,** pass the bowl around to smell and feel, maybe taste. **Ask–** Have you seen this herb used before? What for? What does the smell remind you of? Then explain its culinary and/or medicinal uses.
- **Have them pass around the salves and/or other products,** and then pass out tea samples. **Ask–** Can you notice each of the herbs' flavor in the tea? Does it smell like it tastes?
- **Ask–** What other herbs do you all know of? What herbs do you cook with at home?
- **Take them back into the garden** and see if they can find each of the herbs you taught and identify any others!

OUTCOMES: Check for understanding, ask:

- What are the two primary uses for herbs? (Medicinal, Culinary)
- What are the medicinal powers of the three herbs we investigated? (See note card)
- What is your favorite herb?!