

Leafy Greens and Herbs (Spring Lesson)

Materials:

- mixed greens
- pea shoots
- herbs
- thermos of hot water, wire strainer and enough cups for class
- skewers with tape on one end to act as a marker

Lesson Plan:

- visit our garden bed to see how it's growing. We can thin the lettuces and taste what we pull out. Check for any peas and see what herbs we have growing in our garden and in the garden's Herb Bed.
- sit at picnic tables - talk about what can be eaten out of the garden at this time of year - Greens, pea shoots, herbs
- we'll try our greens and other mixed greens comparing the flavors
- try pea shoots
- talk about some common herbs and how they are used
- see if students can find mint growing in the pot by the herb bed - brew mint tea
- if time allows kids go into garden and try to find an herb, mark with flag.
- Taste test mint tea

Herb facts:

Mint - Cooling effect, helps with stomach aches and nausea.

Oregano - Used for stomach aches and nausea. Repels insects. Great on pizza!

Sage - Anti bacterial and antiseptic properties (kills germs!). Can improve hair growth.

Rosemary - Mostly used for it's strong scent. Attracts bees.

Dill - Mostly used in cooking - especially pickles!

Basil - Another common Italian herb. Repels insects. Calms stomach and has germ killing properties.

Thyme - Like sage it was used for it's germ killing and soothing properties. Used in the process of mummification in Egypt! Thymol which comes from thyme is the active ingredient in mouthwashes like Listerine.

Cilantro - You either love or hate it. To some people it tastes like soap.