Finding flavor in nature.

Did you know that June 10th is National Herbs and Spices Day? It’s a good time to start an herb garden. Herbs are plants with leaves that have a smell, and some are quite tasty. They can be used to flavor food, add scent to products that we use, and improve our health.

Herbs can grow in small spaces. You can start a garden in small pots, coffee cans or jars. Growing herbs is no big “dill”.

Here we will use soda bottles to make an herb garden.

What you will need:
Herb seeds from your supermarket or garden center
Several cleaned 2-liter soda bottles
Scissors
Old Cotton Sock
Potting Soil
Markers

Cut the bottle and poke a few holes in the bottle top. Cut a long piece of sock, push it halfway into the bottle opening. Fill the bottom halfway with water. Place the bottle top upside down into the bottle bottom. Fill with soil, plant seeds, water. Mark each container with the herb seed name.

1. Select your favorite dried herbs from your garden or kitchen cabinet.
2. Wrap them in a piece of pretty fabric.
3. Tie the ends together with a piece of ribbon.

Mix & match herbs to create your very own unique scent!

Surround yourself with scents...

It’s easy to create herb sachets. Use them as air fresheners, dryer sheet replacements, and in drawers and closets for fresh smelling clothes.

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Go Outside

Find a sunny place outside for your herb garden.
The soil should be moist but not wet. Water in the bottom of each planter will be drawn up through the sock to help keep your soil moist. Check your garden each day and note the changes.

Start a nature journal to track the progress of your garden.
How long does it take for your seeds to sprout?
How many days before your seedlings reach 2 inches tall?
Is it the same for all seedlings?

Note the shape of the leaves—are they all the same?

Closely examine a leaf from each plant.
Gently rub the leaf between your fingers - what does it smell like? Now taste the leaf - what does the taste remind you of?

Learn about ways to use herbs in your cooking here.

You may have dried versions of your herbs in your kitchen cabinet. Compare the dried herbs with your fresh herbs. Do they smell and taste the same?

The University of New Hampshire has a great guide with everything you need to know about herbs.

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Healing With Herbs

For centuries, people have used a wide variety of plants to treat all types of illnesses. Learn more about medicinal herbs here.

Lavender helps you sleep
Parsley is rich in vitamin K
Mint aids in digestion
Use thyme to treat infections