

BACK TO NATURE



at Adventure Aquarium

www.aquaticsciences.org

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It's About Thyme!

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.



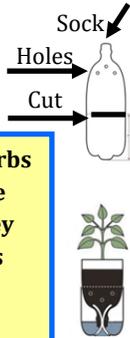
Herbs can grow in small spaces. You can start a garden in small pots, coffee cans or jars. Growing herbs is no big "dill".



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



Carefully 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.

12 Easy-to-Grow Herbs

Mint	Thyme
Lemon Balm	Parsley
Rosemary	Chives
Oregano	Dill
Cilantro	Sage
Lavender	Basil

Herb? Spices? What's the difference?

Herbs are made from the leaves of a plant. Spices come from the other plant parts, such as roots, berries, or seeds.

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.

#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!

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.

Share photos of your herb garden on Facebook and Instagram using these hashtags:

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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