



GETTING STARTED WITH HERBS



Herbs are a great way to get your family into gardening as they are easy to grow and can be used in many different ways. Herbs can add colour to your garden whilst attracting beneficial insects, and when plentiful, a great and safe plant to use in potion making and other play-based creations.

Here are a few easy-to-grow herbs that can be grown in pots, raised garden beds or other nooks in your garden. They do best in full sun but can still grow in shady spots – they just won't do as well.

ROSEMARY

A hardy, colourful and fragrant bush that makes a great hedge, provides year-round green, and beneficial insects needed for pollination. It can be planted as a seedling or grown from cuttings (cutting stems and putting into pots to grow).

COOK AND EAT: Sprinkle on a pizza, bake rosemary and parmesan biscuits, homemade rosemary and sea salt potato chips. Can also be dried.

PLAY AND CREATE: Use as a natural paint brush, experiment with natural dye, make bath salts and soaps, or scented/textured playdough.

MAINTAIN: Some varieties can grow shin high and other 2 metres. Trim to maintain shape or after flowering.



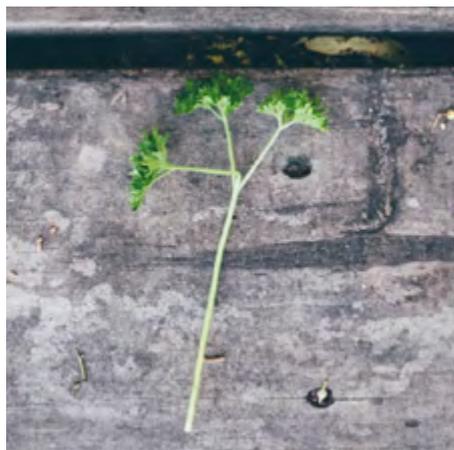
PARSLEY

An annual plant that grows in most soils. It can often attract lady birds and is easily grown from seed.

COOK AND EAT: Add to salads, tabouli, pasta, gremolata, sandwiches, pesto, pizza or cook in sauces.

PLAY AND CREATE: Watch the lifecycle of ladybirds in the umbels of the flowers. Press flowers for paper gifts, or a flower mandala suncatcher.

MAINTAIN: Grows to 20cm high. As it only lives for a year remove after flowering, or after seeds have been collected.



MINT

A perennial herb that likes to be well watered – growing in a pot or isolated patch will prevent it taking over your garden. Can be grown from a seedling or by *dividing roots.

COOK AND EAT: Brew a tea, flavour water, homemade lemonade or use in ice blocks. Mint sauce for a Sunday roast or in cold rolls and Asian-inspired dishes.

PLAY AND CREATE: Make bath salts and soap, a scented playdough, or mint leaf potion and as a mud pie garnish.

MAINTAIN: Grows to 10cm high. Prune after flowering to promote good growth.



THYME

Grows to 20cm high. As it only lives for a year remove after flowering, or after seeds have been collected.

COOK AND EAT: Add to pizza. Cook in sauces, stocks, or with roast vegetables. Bake thyme shortbread. Can also be dried.

PLAY AND CREATE: Make bath salts and soaps, or a scented playdough. An ideal herb for pressing and putting into potions.

MAINTAIN: Grows to 10cm high. Many different varieties available including woolly, lemon, creeping, elfin and pizza. Prune after flowering to promote good growth.



**Perennial means that a plant lives longer than a year unlike an annual plant only lasting for one season*

**Dividing roots means taking a portion of the roots and planting it in another spot (followed by watering).*

» Special thanks to Monina Gilbey for her contribution to this download