

How to Make an Herb Garden with Kids

Herb gardens can be created outdoors or indoors. You can start with indoor potted seeds and keep them indoors, or, transplant them to an outdoor space.

What you will need:

- Containers such as bowls or small plant pots
- Compost (a small bag)
- Herb seeds (such as basil, cilantro, dill, oregano, rosemary or parsley)
- Watering can (or any container for watering)
- Popsicle sticks
- Marker pen



What you and your child will do:

1. Make sure your containers have drainage holes at the bottom. You can use anything from empty juice boxes, egg cartons or small clay/plastic pots.
2. Help your child fill the containers about one inch from the top with the compost. Add water to the container and let sit for 20-30 minutes.
3. Meanwhile, use the popsicle sticks and marker to make labels for your herbs. This will help you to remember which herbs you plant in each container.
4. Follow the directions on the package for planting the herbs. The type of herb you plant will determine the best way to place your seeds and where.
5. Add a little water to the soil after you've planted your herbs. Teach your child to water the plant enough to keep the soil moist, but never soggy. Many herbs can be sensitive to overwatering.
6. Place your plants outside or on a sunny windowsill and watch your seeds grow!

What to do with herbs:

- ✓ Add basil and/or oregano to homemade pizza.
- ✓ Infuse water with fresh herbs.
- ✓ Chop cilantro into tacos and burritos.
- ✓ Use parsley in soups, pastas or as garnish.
- ✓ Try new recipes using fresh herbs!

