**Growing an Indoor Herb Garden**

*For a basic lesson plan on how plants grow see KS1 Growing Things Lesson Plan*

**Aim**

**To learn more about the history, uses and qualities herbs and build an Indoor Herb Garden**

**Objectives**

**Pupils will be able to:**

Name and describe some common herbs

Understand how herbs can encourage us to eat tasty, healthy food

Understand that herbs have had a number of roles across history and the world

Plant and nurture simple herbs indoors

**Curriculum Links** *See Guidance Sheet for details*

EYFS, KS1, KS2 Science, History, English, Maths, Design Technology

**Materials**

The Story of Culpepper

Herb Story Cards

Selection of fresh and dried herbs

Number of small pots/cans (with pre-pierced small holes in base) and a waterproof tray

Compost (see Growing Sheet for guidance)

Some gravel or broken pot

Water

Tools – can be old spoons etc.

Herb Seeds or Plants (a mix is good as you then have immediate green!)

**Introduction** *(10 minutes)*

Can the children define an herb? *green, edible, strong taste, smell, used in cooking*

See how many herbs pupils can name

*Optional* Use The Story of Culpepper to introduce using herbs for more than just cooking with.

**Sensory experience** *(15 minutes)*

Using a mixture of dried and fresh herbs (good suggestions - rosemary, basil, mint, chives, parsley), introduce the herbs one at a time.

Ask the pupils to close their eyes and hand around a sample of the same herb.

Invite all students to share their observations

1. “TOUCH. How does it feel to you? Share one word that tells us how it feels.”
2. “SMELL. Share one describing word that tells about how it smells. Do you

recognize this fragrance? What does it remind you of?”

1. “TASTE” IF THE PUPIL WANTS TO Share an adjective that tells us how it tastes.
2. “LOOK. (take off blindfold) Describe this herb for us.”

Talk with students about what makes herbs so important in cooking.

What different herbs do they see/use at home?

**Planting the garden** *detailed hints and tips on the Guidance Sheet (30 minutes)*

Demonstrate the basic planting method

1. Gravel/pot layer first (about 1 inch),
2. Add compost
	1. Half full for herb plant and then gently press compost around plant to fill
	2. Full for seeds, scatter a small amount of seeds (check packet) and lightly cover with compost
3. Label pot and add to tray
4. Water sparingly

Begin Class Planting!

It is easier to plant each type of herb in small groups. This also diffuses blame and misery when some don’t survive!

Find a sunny spot for the tray/s.

**Plenary** *(5 minutes)*

Clear up – emphasising importance of saving resources (seeds and compost)

As a group think about how you can make sure your herbs are cared for BUT NOT OVERWATERED!!