

Florida Agriculture in the Classroom



Spice It Up

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Gaining a new perspective...



Spice It Up

Full lesson on page 184 of *Gardening for Nutrition*
**History/cultures, medicinal, gardening, cooking*



- ▶ **Activating Strategy: Can you guess the herb?**
 - ▶ Place different kinds of herbs in bags.
 - ▶ Have participants smell the herbs and guess **what it is** or what type of dish the herb might be **used in**.
 - ▶ Herbs should not be seen (touching is allowed)

- ▶ **Discussion**
 - ▶ Why are herbs a great addition to the garden?
 - ▶ What herbs can be found at home?
 - ▶ Cultural significance/history of herbs

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- ▶ Activity: Create your own tea bag blend!
 - ▶ Put 1 tablespoon total in the center of your coffee filter
 - ▶ Fold, connect string, staple
 - ▶ Label your blend
 - ▶ Taste test

*Also great for fundraisers and gifts!



Herb Gardening



- ▶ Herbs can be grown in a variety of containers
- ▶ Have a purpose for each herb
- ▶ Know herb requirements
- ▶ Hang herbs upside down to dry
- ▶ Encourage cultural conversations
- ▶ Connect the cafeteria
- ▶ Make flavored water

Herb Butter

- ▶ Today we will discover how butter is made from heavy whipping cream!
- ▶ Activity:
 - ▶ 1. Fill the jar half full of whipping cream and replace lid.
 - ▶ 2. Shake the jar for about 5-8 minutes until a solid substance forms.
 - ▶ 3. Pour off liquid portion and work excess liquid out of the butter.
 - ▶ 4. Spread your butter on crackers and ...ENJOY!!
- ▶ What type of change is occurring?
- ▶ Locate where your dairy products are from at <http://www.whereismymilkfrom.com/>



Thank you!