Florida Agriculture in the Classroom

Spice It Up

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Gaining a new perspective...
Spice It Up

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

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