Florida Agriculture in the Classroom

Spice It Up

Becky Sponholtz, Tracee Schiebel
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
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