

# 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

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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