

SEEDS & SPROUTS
Ancient Herbs
Session 3
Laura Erlig and Deneen Cienfuegos

Seeds and Sprouts: Students will experience what it means to have a plot in a community garden. Weekly gardening responsibilities will be integrated with a research topic of the week, scavenger hunts in the garden regarding different types of plants, guest speakers, and arts and crafts activities related to gardening. Each week in Session 3, students will learn about the history and origin of ancient herbs. Students will also learn about the uses of herbs for food and medicine. Gardening skills will include learning about propagation from seed, cutting, bulb, caring for herbs, planting, managing a plant log, and planting to the season.

Week 1: Basil

Week 2: Bay

Week 3: Oregano

Week 4: Chamomile

Week 5: Coriander

Week 6: Fennel

Week 7: Mint

Week 8: Lemon Balm

Week 9: Final (Mixed Herbs)