



URBAN GARDENING PROJECTS

426-907

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herb garden

Do you ever get tired of the same old foods fixed in the **same** old way? Would you like to make your own room air freshener? Do you sometimes have trouble thinking of gifts for relatives and friends?

Try growing herbs. You won't believe all the different flavors you can get out of a few little plants. A potpourri made of herbs and flowers will make a room smell very nice (and no aerosols!). And a sachet, potpourri, or just a jar of home-grown herbs will please most anyone on a special occasion.

Just for Fun - A Potpourri & Sachet

A potpourri (pronounced pō'-poo-rē') is a jar of herbs and scented flowers that is opened for a little while when you want to freshen the air in a room.

To make one you need: clean glass jar or bottle, with a lid
ribbon, yarn, cloth, paint to decorate jar
glue
herbs and flowers according to recipe -
(from a garden or health food store)
orris root - a "fixative," which makes the
scent last longer



Herbs and flowers should be completely dry. Use one of the recipes below, or ask someone to help you find another one (at the library or health food store). Halve or quarter the recipes for smaller quantities.

Recipes: Herb Garden Mixture

2 c. thyme leaves	$\frac{1}{4}$ c. tansy
1 c. rosemary	$\frac{1}{4}$ c. whole cloves
$\frac{1}{2}$ c. lavender	$\frac{1}{2}$ oz. orris root
1 c. mint leaves	

Special Spice

1 c. lemon balm
 $\frac{1}{2}$ c. thyme leaves
 $\frac{1}{2}$ c. nutmeg, coarsely ground
 $\frac{1}{4}$ oz. orris root

Rose

2 c. fragrant rose petals,
dried
1 tsp. orris root

(continued on next page)

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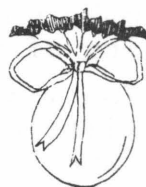
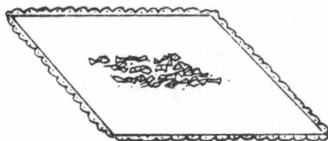
Illustrated by: Becky Butchert

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Decorate your bottle or jar with whatever materials you decide upon. Break herbs and flowers into coarse pieces and mix them together. Add orris root. Put the ingredients in container and close tightly. Leave the container in a cool, dark place for three weeks at least before using; this way the smells will blend together.

If desired, once the jar is ready to be opened, you can grind some of your potpourri mixture in a blender and make a sachet (pronounced sā-shā'). Put the finely ground mixture in the center of a frilly lady's handkerchief (or any 6" square piece of cloth with all the sides hemmed) and tie it up with ribbon or lace. Put this in a drawer to make clothes or linens smell good.



SACHET

Game - Which Herb?

Needed: 5 different herbs
paper cups
blindfold

Each herb should be put in a separate paper cup with a label on it. Players take several minutes to look at, smell, touch, and taste each herb. What do they remind you of?

Then, players take turns being blindfolded. The cups are switched around, and each player tries to guess which herb is which, just by scent, taste and touch.



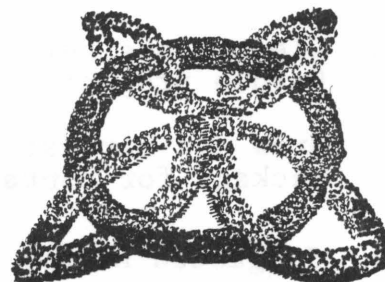
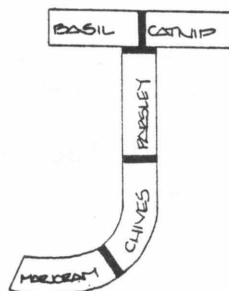
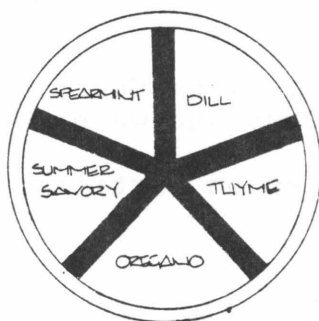
Project - Herb Garden

If you have a garden space outdoors, follow instructions for the regular herb garden. If not, you can grow herbs in containers, inside or outside. This project may be used as part of the Vegetable Garden or Container Garden project.

Regular Herb Garden

1. Plan the garden by drawing an outline of the space that will be your herb garden plot. Divide the garden into five or more sections, depending on how many herbs you'll plant, and choose

a different herb for each section. If it is larger than 4' x 4' you may want to plan for spaces to walk in. You can make your herb garden look like a design, or even a letter.



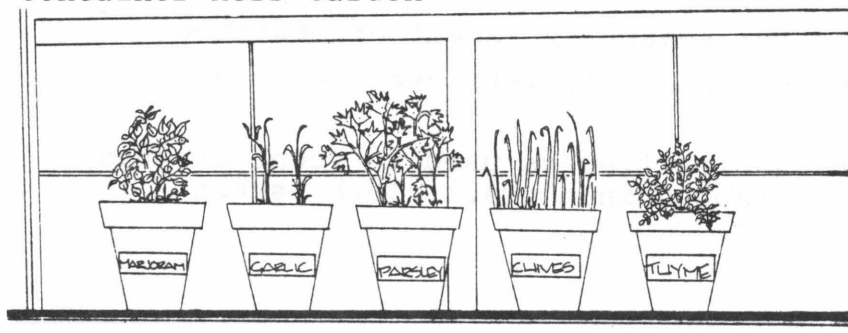
Most herbs like sunny spots.

One very special design is the old-fashioned knot garden

2. Start your seeds indoors, as directed in the Vegetable Seeds project and the "Seeds, Soils, Supplies" HELP sheet. Or, you may purchase plants during the spring from most nurseries and greenhouses. Most herbs are difficult to start outdoors from seed, since their seeds are often very small and tend to dry out easily.
3. Prepare the ground for planting (see Guide for the Beginning Gardener). Find out what the last frost date is in your area (your Extension Agent will know), and wait until after that date to transplant your herbs. See "Transplanting" HELP sheet.
4. Transplant herbs to the garden. If you like, you can mark off the sections with bricks, stones, or wood between herbs. Be sure to label each plant, since some herbs are hard to tell apart. Water and mulch your plants.
5. If there is no rain, be sure to water your plants every few days until they are established. Keep weeds from growing in your herb patch. Read "Watering" and "Fertilizing" HELP sheets.
6. Grow and harvest according to directions for each herb (see seed packets and MH 420, "Herb Culture for Home Gardens," which you can get from your Extension Agent).



Container Herb Garden



1. Choose five or more herbs that grow well in containers (see next page). Use 4"-5" pots or other small containers.

You can use your herbs as part of the Container or Windowsill Garden project.

2. Plant seeds as directed in the Vegetable Seeds project and the "Seeds, Soils, Supplies" HELP sheet. Most herbs are small and should be started in small pots and transplanted to the larger containers (see "Transplanting" HELP sheet).
3. Clean containers and provide drainage. Reading the Container Garden project may help here. Transplant herbs and water well.
4. Grow and harvest herbs. Fertilize as directed on fertilizer package for container plants.

Suggested herbs:

*parsley	*chives	*thyme	
*basil	*garlic	*oregano	*grow well in
spearmint	*lavender	*sage	containers
catnip	dill	*marjoram	
*savory	peppermint	borage	
*chervil			

Record - keeping

Keep records of all the herbs you plant. Turn them in on a clean sheet of paper or in a notebook when you finish.

- herbs planted, by seed and by transplants
- dates planted
- fertilizers used
- problems, insects, diseases
- when harvested and how much
- how herbs are used (fresh or dried for cooking, in potpourri, etc.)

Extra projects

There are several extra projects you can do: (1) Grow and sell herb plants, (2) Herb gifts, (3) Special herb dish, and (4) Research on one herb. See your leader if you'd like to try one of these.

New Words

fixative: an addition to potpourri or sachet to make the scent last longer

herb: a type of plant used for seasoning, scent or medicine

potpourri: a mixture of herbs and/or flowers used as an air freshener

sachet: a mixture of herbs and/or flowers used to scent clothes or linens, usually wrapped in a small cloth packet