

# HERBS AND SPICES

## SPRING LESSON # 6

**Opportunities For Learning** Children will start an indoor herb garden. Children will smell and taste herbs and spices.



### HERBED MONKEY BREAD



#### Things You'll Need •

bowl • fluted tube pan • wire rack • stirring spoon

#### INGREDIENTS

1/2 cup butter or margarine, melted  
1 garlic clove, minced  
2 tsp. dried parsley flakes  
1 tsp. dried chives  
1/2 tsp. dried basil  
1/2 tsp. dried oregano  
2 packages (12 oz. Each)  
refrigerated buttermilk  
biscuits



**Things You'll Do •** Combine the first six ingredients in a bowl. • Dip biscuits in the butter mixture; arrange in a greased 10" fluted

tube pan. • Bake at 400 °F for 20 minutes or until golden brown. • Cool 10 minutes before removing to a wire rack. • Serve warm.

CACFP credit: A grain/bread serving.

### EXPLORE HERBS AND SPICES



**Things You'll Need •** fresh and dried herbs and spices that the children can smell and taste.



**Things You'll Do •** Tell children that herbs and spices are used to make things smell and taste good. • Herbs also help to keep the bugs away from flowers, fruits, and vegetables growing in the garden.

## PLANT AN HERB GARDEN



**Things You'll Need** • small, empty clay pots • pebbles or gravel • saucer or trays to place under pots • potting soil (1/3 soil, 1/3 sand, 1/3 peat moss) • packages of herb seeds (basil, chives, dill, mint, parsley) • popsicle sticks • mint seedlings • water • toothpicks



**Things You'll Do** • Put 1/2 inch of pebbles or gravel in each saucer. • Fill clay pots with potting soil. • Plant seeds following package directions. • Put popsicle sticks through empty seed packages to identify what is growing in each pot and insert into the soil. • Water when needed. • To test if water is needed, use a toothpick. • If soil clings to toothpick, there is enough water. • If not, it is too dry.

## HOW TO SAVE AND USE HERBS WHEN THEY SPROUT

Sweet basil should be cut, dried, and stored in a jar or plastic bag. It is tasty with cheese, eggs, and salad.

Chives will grow all year long. Cut them and use fresh or dry chives. Chives are good with cheese and in salads.

Dill should be cut and stored in a jar or plastic bag. Use it in salads or with cucumbers.

Mint is a perennial and grows best when started from a seedling. The children love to chew the leaves. The leaves can also be added to lemonade or tea.

Parsley is high in vitamin C. Make certain that flower stalks do not form or the parsley will turn tough and bitter. Store clean parsley stems in a glass of water in the refrigerator.

Note: Wash all herbs before tasting, storing, or cooking. Store in the refrigerator. Fresh herbs look great as flower arrangements.



## BOOKS TO READ

Sense Suspense

By Bruce McMillan



## SONGS TO SING

*"Paw-Paw Patch"*

