**Workshop Title (time length of class)**

**Growing Herbs for Making Tea - Lesson Plan Template**

**Purpose**

* Participants will get a taste of gardening as a self-care tool by engaging in an activity that is process-driven, intriguing, relaxing, compelling, and sensory.

**Description**

* Focusing on the process of planting a small container garden in part one. In part two participants will explore a variety of tastes and smells from herbs that can be added to tea or hot water.

**Materials (for planting)**

* Assorted plants from 6-packs
* 8” pots • Potting soil
* Coffee filters to line bottom of pots
* Water & watering can or bottle
* Potting tub
* Gloves
* Clippers or scissors
* Handouts
* Examples of fertilizer (Miracle Gro, fish emulsion, Osmocote)
* Finished example of pot

**Procedure (for planting)**

* Select up to 3 plants
* Explore the plants, noticing their texture, color, scent, growth habits
* Prepare plants for planting – dead head any spent blooms, remove from 6-pack, remove root bound roots, spread roots
* Prepare container by covering holes with filter
* Moisten soil and mix
* Fill container about 2/3 full of soil
* Plant 3 small plants, spacing equally around pot
* Fill in container with soil
* Water
* Discuss plant care

**Materials (for tea)**

* Scissors or clippers for cutting herbs
* Colander for collecting and washing herbs
* Pot full of hot water (prepared ahead of time)
* Teacups & tea strainers, bags, or small coffee filters
* Paper towels
* Plants to cut from

**Procedure (for tea)**

* Explain activity and steps
* Review safe use of tools
* Pass around plants, encouraging students to touch, taste, and smell
* Point out identifying features (e.g., leaf and stem shapes, sizes, aromas, growing habits)
* Demonstrate harvesting techniques that support a plant’s continuing growth after harvesting
* Decide how much to harvest (a handful of fresh herbs will make a good cup of tea)
* Collect cuttings in colanders and wash
* Place strainers in cups, fill with plant cuttings, and add hot water.
* Note how to use finger on edge of cup to know when it’s full
* Steep tea for 5-6 minutes before removing strainer
* Discuss and enjoy

**Wrap-up – (time needed)**

* Thank everyone
* Pass out (and collect) evaluations
* Pass out handouts

**Cleanup**

Plant ideas:

* Spearmint
* Peppermint
* Chocolate mint
* Basil
* Lemon balm
* Lemon verbena
* Chamomile
* Lemon Grass

Key Information:

* Discussion:
  + Use of herbs – e.g., medicinal, aromatic, culinary
  + What’s enjoyable about sharing a cup of tea with others?
  + Notice how plants smell, feel, taste; notice similarities and differences.
* If you collect too much, tie up the extra with string to dry.
* If time, do a taste test, comparing, for example, tea made with dried herbs vs. fresh herbs, or with different herb combinations
* Nutrition info: Mints contain vitamins A and C, as well as calcium, iron, and other trace minerals, and a small amount of sodium; no fat, sugars, or cholesterol.