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

**Growing Herbs in containers - Lesson Plan Template**

**Purpose**

* Gardening can reduce stress, increase exercise, improve diet (reduce salt, add nutrients), improve mood, maintain social connections

**Description**

* In this activity, participants will plant a small container of herbs and edible flowers.

**Classroom setup** (allow 45 minutes)

* Insert instructions and special room set up needs here. Estimate how many people teach task will need and how much time it will take.
* Examples: Arrange tables, put potting soil in tubs (2 people/tub), fill squirt bottles with water. Near each tub, set out coffee filters, gloves, labels, markers, pots, pot saucers
* Plants in accessible location
* Sign-in sheet near entryway
* Evaluation sheets, pens, handouts handy so they can be distributed at end of workshop (give people handout when they give you evaluation)

**Materials**

* List materials you need to complete the activity in full here:
  + Broom, brush, dustpan, wipes for cleanup
  + Coffee filters (for bottom of pot)
  + Evaluation sheets (+ extras)
  + Gloves (nitrile, disposable)
  + Handouts (assembled, + extras) Lesson plan / script (several copies) name badge, apron
  + Paper towels, Pens / pencils.
  + Plant labels & markers
  + Plants (3 plants/person + extras for demo and errors)
  + Pot and saucer (one set per person)
  + Soil (about 1 1.5 cu.ft. bag per 3 participants)
  + Motor tub or tidy tray

**Procedure**

* Show sample
* Place coffee filter in bottom of pot
* Fill pot with soil to about 3 inches below rim
* Remove plants from pots/pony packs, explaining process
* Gently tease out roots, explaining why
* Place plants on soil and add more to bring soil level to 1 inch below pot’s rim
* Gently tuck plants in to remove air pockets
* Water lightly with squirt bottle
* Place pot on saucer
* Label plants

**Wrap-up – (time needed)**

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

**Cleanup**

Key information:

* Choose plants according to San Diego’s seasons: Cool season (winter & spring, Nov – Apr) and warm season (summer & fall, May – Oct)
* Mix two annuals, and one perennial, or biennials per pot (meaning, plants that grow in each season).

Suggestions and adaptations:

* Choose herbs with a high fragrance or interesting texture, such as mint or rosemary. This activity can be a sensory exploration for the participants.