Herb Study for Kids

Forage, Grow, Make

www.naturehomeschool.com

- To live simply with plants is a beautiful thing -

COPYRIGHT © 2024 ISIS LORAN, NATURE HOMESCHOOL ALL RIGHTS RESERVED.
Written by Isis Loran. Design and layout by Isis Loran.

Graphics were purchased with a commercial license from Creative Market.

No part of this book may be reproduced or shared outside of your immediate family. This includes (but is not limited to) photocopying, emailing, or screen shots, without written consent from the author.
Please email me at naturehomeshool@gmail.com for any further questions.

Table of Contents

Introduction

Hello + Welcome!

What you will Learn

Flow of Learning

Seasonal Rhythm

Herbs for each Season

Books for this Study

Starting in any Season

Teaching Multiple Ages

Notebooking Tips

Do I need a Garden for this Study?

Do I need to Forage for this Study?

Getting Started with Herbs

Start Here

Foraging Introduction + Identifying Plants

Plant Classification

Types of Herbal Remedies

Sourcing and Drying your Plants

Adopt an Ecosystem

Safety for Children's Dosages

Preserve your Harvests

Crafts + Extras

Extra Fun for this Study

Optional Crafts

Optional Kitchen Recipes

Your Home Herb Garden

Herb Gardening + Your Growing Zone

Garden Planning Tips

Choosing what to Grow

Container Herb Garden Project

Types of Garden Herbs

Grow your Herb Garden

Flower Power

Flowering Herbs

Easy Herbs to Start with

Herbs that Attract Bees

Planning for Success

Planting your Herb Garden

Harvest Record

Spring

Hello Spring

Garden Herbs-

Chives

Mint

Lemon Balm

Arugula

Spring Foraging -

Chickweed

Nettle

Dandelion

Elderflower

Wild Rose

Wild Garlic

Violets

Summer

Hello Summer

Summer Herbal Popsicles

Host a Herbal Tea Party

Tea Party Recipes

Flower Place Cards

Summer Garden Herbs-

Chamomile

Lavender

Rosemary

Calendula

Garlic

Catnip

Bee Balm

Echinacea

Fennel

Basil

Thyme

Savoury

Oregano

Dill

Cayenne

Sage

Summer Foraging -

Mullein

Plantain

Yarrow

Comfrey

Wild Licorice

Red Clover

Autumn

Cold + Flu Season

Healing and Immune Boosting

Fire Cider

List of Supplies

Cinnamon

Elderberry

Pine

Ginger

Sprout a Ginger Plant Project

Winter

Slowing Down

Seed Ordering + Garden Dreaming

Gift Making Season

Herbal Gift Tags

Taking this study further

Flow of Learning

Read Books

Learn about herbs through stories, pictures and folk tales.

Grow + Forage

plant herb seeds, buy plants, take care of them, forage for wild plants

Notebooking

draw what you see, learn plant terms, parts, types of leaves, record harvests, foraging locations etc

Harvest

harvest fresh plants, forage, preserve, buy dried herbs

Create

make infusions, syrups, body care products, gifts, kitchen recipes, tea & more

Seasonal Flow

Winter
make gifts,
start herb seeds, look through catalogs, garden planning, winter foraging

Spring
plant your garden, start seeds, grow, harvest, forage, harvest spring herbs, make recipes and home care products

Summer
take care of your plants, harvest, preserve, forage, make body and home care products

Fall
make cough syrups and remedies that support the cold + flu season. Forage. harvest before winter

Enjoy these Herbs each Season

Spring Kitchen & Garden Herbs

- Chives
- Mint
- Lemon Balm
- Arugula

Spring Foraging

- Chickweed
- Nettle
- Dandelion
- Elderflower
- Wild Rose Petals
- Violets
- Wild Garlic

Summer Kitchen & Garden Herbs

- Chamomile
- Lavender
- Rosemary
- Calendula
- Garlic
- Catnip
- Bee Balm
- Echinacea
- Fennel
- Basil
- Thyme
- Oregano
- Dill
- Cayenne
- Sage

Summer Foraging

- Mullein
- Plantain
- Yarrow
- Comfrey
- Wild Licorice
- Red Clover

Fall & Winter Kitchen & Garden Herbs

- Cinnamon
- Ginger
- Spices like anise or cardamon

Late Summer/Fall Foraging

- Elderberries
- Rose Hips

Winter Foraging

- Pine

Herb Books for this Study

These books are the main ones used for this unit study for K-12

Books for the older kids + adults

These books offer deeper information, additional recipes, growing tips and more for grades 4-12 and adults. Younger kids will still enjoy making these recipes with guidance. There are gift making and immune boosting recipes in the fall and winter sections from the *Healing Herbal Infusions.* Be sure to check pages 191-199 for many additional recipes organized by each herb that aren't listed as reading sections per plant.

Getting Started with Herbs

Start Here on your Herb Journey

Before you plant your herb garden or go foraging there are some basics that you'll need to learn.

These are sections you'll read before starting no matter what season you're diving into. Even though I've suggested what to read each day, please feel free to check off the pages as needed instead. We all have a different family rhythm and dynamics that alter our learning.

Day 1	Day 2
A KID'S HERB BOOK p 17 Plants are our friends p 19 Flora or fauna? How old are plants, State flowers, by any other name p 20 What is a herb? p 21 What is a weed? p 22 What is a spice? p 23 What is a herbalist? HERBAL ADVENTURES p 8-10 Intro p 11-12 What is a herbal remedy? Parents read carefully: p 12-13	A KID'S HERB BOOK p 24-25 How did people first learn about plants? p 25 Did you know? p 41 The secret gifts of herbs p 26 Are all herbs safe? MEDICINAL HERBS A BEGINNERS GUIDE p 6-8 Intro p 9 What is a medicinal herb? p 10-11 How is herbal medicine used p 12 The benefits of herbal medicine p 13 Side effects

Your Home Herb Garden

Garden Planning Tips

What herbs should you grow?

One of the easiest ways to answer this is to make a list of recipes that you enjoy that you would normally buy fresh herbs for.

Do you buy sage for stuffing, basil for fresh pesto?

Cilantro and parsley for chimichurri sauce?

Dill for potatoes?

Do you love herbal tea and plan on establishing a perennial tea garden outside?

Is your goal to infuse herb oils and make body care products?

You might not be able to grow all the herbs on your list, but it's a great place to start.

Herbs are so unique in flavor that many people will love some and strongly dislike others. This is also true with children as herbs can be an acquired taste. I encourage you to try new recipes to see what they like. Our kids don't love dill on top of things but love spanakopita where it's more hidden.

Container Herb Garden

Buy a terracota pot
to grow herbs in!

You can grow one herb plant in smaller pots or plant a few together in larger ones. You can share your container garden or have each child have their own.

Terracota pots are great for many herbs and the kids can make theirs unique by painting them.

Plant herbs that like dry soil together, and ones that like moist soil together.

Grow culinary herbs or a lavender plant, calendula flowers or tea herbs like chamomile.

Keep invasive mint contained.

Spring

Mint

Mentha x piperita
(peppermint)
Mentha spicata
(spearmint)
+ many more

Field Mint

Mentha arvensis

Mint (garden + wild)

Book	About	Food Recipes	Healing, Body + Home Recipes
Foraging with Kids	Diagram + Info p 124-129	Homemade Mint Sauce p 128-129 Fresh Mint and White-Choc Chip Ice Cream p 129	
Herbal Adventures		Calm Kids Tea Blend p 98 Romani Flu + Fever Tea p 113	Freezer Teethers p 102
A Kid's Herb Book			
Medicinal Herbs a Beginners Guide	Peppermint p 184- 187 Spearmint p 203- 207	Rejuvenation Tonic p 186 Iced Spearmint Tea p 205 Evening Repose Tea p 207 Sunset in Emerald Valley tea p 207	Headache Tincture p 186 Digestive Aid p 187 Fever Reducing Formula for Children p 206 Children's Stress Calmer Glycerite p 206

Dandelion

Taraxacum officinale

Dandelion

Book	About	Food Recipes	Healing, Body + Home Recipes
Foraging with Kids	p 92 - 98	Dandelion Cream Truffles p 97 Dandelion, Onion + Red Pepper Frittata p 98	
Herbal Adventures	p 78-91	Dandelion Fritters p 83 Dandelion Honey p 84 Sunshine Shrub p 88 Dandy Dressing p 90	
A Kid's Herb Book	p 164-172 Story Time p 170-171	Dandelion Cleansing Potion (tea) p 165 Dandelion 'Coffee' p 165	Dandelion Potherb p 167 Sweet Bitters p 166
Medicinal Herbs a Beginners Guide	p 124-128	Roasted Dandelion + Chicory Tea p 127 Dandelion Mocha p 128	

ANDER'S SPECIAL

DANDELION TEA

1/2 CUP DANDELION PETALS,
LOOSELY PACKED
1 CUP BOILING WATER

Put the dandelion petals into a cup.
Pour boiling water over petals.
Let steep 5-10 minutes.
Strain. Sweeten, if desired. Sip slowly.