



Growing HERBS

on a windowsill



What will you learn?

This activity is great for little hands and curious noses. Let's grow tasty herbs on your windowsill! This activity is simple, safe and fun. It's a great way to explore the smells and tastes of herbs that can make your meals extra tasty and exciting. Just grab an adult to help with the scissors, soil or pots.

How long will it take?

In about 4 - 6 weeks, the herbs you plant from seeds will be ready for their first little harvest!

What do you need?

- **2-4 small pots** (10 - 15 cm) with drainage holes or small recycled containers with holes poked in the bottom.
- **Potting mix**
- **Seeds or baby herb seedlings** (Basil, mint, chives, parsley, coriander and thyme are great for beginners!)
- **A small watering jug or cup**
- **A spoon** for filling soil
- **Popsicle sticks + markers** to label your herbs
- **A sunny windowsill** in Australia a north-facing windowsill is usually best

Get planting!

1. **Fill** your pot about $\frac{3}{4}$ full with potting mix and pat down gently.
2. **Make** a label with the herb's name (decorate it if you like!).
3. **Plant**
 - a. **Seeds:** Poke a small hole (about twice the seed's size, usually 0.5 - 1 cm), drop in 2 - 3 seeds, cover lightly.
 - b. **Seedlings:** Gently remove from the tray, loosen roots and plant a little deeper than before.
4. **Water** gently until it drains out the bottom. (If no holes, add just a little and check soil after 10 minutes.)
5. **Place on a sunny windowsill** (aim for 4 - 6 hours of sun). Rotate pots every few days so all sides get light.
6. **Wait** 3 - 14 days for seeds to sprout. Keep soil moist, not soggy.
7. **Trim** to encourage bushy growth. Snip leaves with scissors, never pull. Only take up to $\frac{1}{3}$ of the plant at once.
8. **Enjoy!** What do your herbs smell like? What do they taste like? Can you think of a meal you could add them to?



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