

Make your own herb garden!

with Olivia



You need:

- compost
- pebbles
- trowel
- large flowerpot
- watering can
- herb plants like mint, basil, coriander or parsley
- some gardening gloves

First spoon some pebbles into the bottom of your flowerpot. These will help make sure that the compost doesn't wash away when you water the plants.



Now carefully re-plant the herb plants in the flowerpot, making sure you put the biggest plant in the middle of the compost.



Next put in some compost to fill up about three-quarters of the pot. The compost will give the herb plants the nutrients they need to grow.



Basil and tomato are best friends! Try putting them together in a salad.

Keep the herb garden inside during the winter, making sure it has plenty of light. Remember to water your herbs regularly!



When you have planted the herbs push the compost down around them. Add some more compost if you need to.



Parsley leaves have lots of vitamin C!

Mosquitoes do not like basil. Rub the juice of basil leaves on your skin to keep mosquitoes away!



Enjoy using your herbs to add extra flavour to your favourite healthy meals!

In the olden days herbs were used as medicines. People used to think mint was good for stomach upsets.

