

SDG 15 Seeding Sustainability

MM4 Growing and Foraging



MM4: Growing and Foraging

Experimentation and Exploration

Lesson 7: Directory Addition - Herbs

Subjects: CSPE, English, Geography, Horticulture, Science

Lesson Title and Summary: Directory Addition - Herbs

Herbs are a widely used group of plants, with savory or aromatic properties used to flavour, garnish, for medicinal purposes, or for fragrances.

Learners practice organising, collating and sharing findings as part of a group. They will look in more detail at herbs grown in Ireland and also link to the lore of Herbs. This lesson adds to lesson 6, in the Growing and Foraging Micro-module and Lesson 4 in the Edible-Medicinal Micro-module.

This lesson also prepares learners for Lesson 8 / 10 and to think about what they may like to grow.

Vocabulary: Annual, Edible Weeds, Growing, Harvesting, Herbs, Perennial, Tips,

In this lesson, the learner will:

- develop design-thinking skills
- collaborate and communicate
- reconnect with food, nature and community
- develop foundational knowledge for herb garden planning
- research and practice garden designing
- sketching and scale drawings

Materials

- Worksheet: Directory Addition- Herbs
- Linked Worksheet: Investigating Herb Beds & Garden Design
- Internet/ Computer access



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ACTIVITY INSTRUCTIONS

This is a follow on from Lesson 4 in the Edible Medicinal module and Lesson 6 of the Growing & Foraging module. As a class, learners will create a new section to the class directory of Irish edibles (on herbs). This work will also link into Lesson 10 of the Growing and Foraging micro-module

Activity 1: Organising Previous Findings (10 mins)

- Ask learners to form small groups (max 4 people).
- Give learners time to read through their previous findings on WORKSHEET: CREATING A DIRECTORY OF LOCAL EDIBLE FLORA.

Activity 2: Collating findings (30 mins)

- Using WORKSHEET: DIRECTORY ADDITION- HERBS, groups can collate and present their ideas.
- All findings should be recorded, paraphrased and summarized in their own words.
- This activity is best done on a computer or tablet where groups can create digital collations using mind maps, tables or a presentation format of their choice.

Activity 3: Uploading and sharing ideas to class directory (10 mins)

- Working on class computers or tablets, upload collated findings to DIRECTORY OF LOCAL EDIBLE/MEDICINAL FLORA in the new section - HERBS, Complete at home / in an additional class.

REFLECTIVE EXERCISE: 3-2-1 (10 mins)

- Three things they feel they have learnt from the tasks
- Two things they found most interesting and would like to explore more
- One – their opinion they have about the tasks

Use Post-its or a mentimeter survey - www.mentimeter.com - to gather reflections

EXTENSION / REDUCTION ACTIVITIES:

Reduction (40 min lesson): For a shorter lesson, undertake activity 3 as an additional class - set up a peer review/information session to discuss the additions and prepare information upload.

Extension (80 min lesson): For a longer lesson, extend Activity 3 and have a whole class peer review of findings and information including layout before uploading to the directory.

Option B: Learners can also begin to consider ideas for a herb garden or herb bed - see media box for videos and videos / articles on planning / growing - this will link into Lesson 10.

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MEDIA BOX: (materials, online video links, extra resources, case studies etc)

Video: '15 Must Have Herbs for the Kitchen - Easy Grow Outdoors' welsh context (20:42min)
<https://www.youtube.com/watch?v=1EpY1PEIF6g>

Video: '6 Low-Maintenance Perennial Herbs For A Beginner Garden' -
<https://www.youtube.com/watch?v=ETNHW2nx9RQ>

Herb Garden planning: <https://www.thespruce.com/planning-a-herb-garden-1402617>

Blog: CountryLife - Irish context 'Grow your own herbs' <https://blog.countrylife.ie/gardening/grow-your-own/growing-your-own-herbs/>

Article: 'How to grow herbs - easy gardening tips for beginners' <https://naturallivingfamily.com/how-grow-herbs/>

Blog: 'Back to the roots - How to grow herbs' <https://blog.backtotheroots.com/2020/12/02/how-to-grow-herbs/>

Change X - proven ideas and funding for community www.change.org

Grow it Yourself - veg directory <https://giy.ie/veg-directory/>

Grow it Yourself HQ <https://giy.ie/grow-hq-things-to-do/>

Irish Food Directory <https://www.foodirelanddirectory.com/online-directory/>

LOCAL TRIP / EXPERTISE / ADDITIONAL WORK AND ASSESSMENTS

Use Change X (see media box) to identify local food growing projects to visit and consider what is being grown, how it is laid out and ask the growers / owners for tips that are relevant to your location, e.g. local weather, prevailing wind, soil quality and composition.

Use The Irish Food Directory (see media box) to find Irish food producers and contact them to see if they source their herbs locally.

If possible arrange a visit to Grow it Yourself HQ, Waterford (see media box).

Use Grow it Yourself (see media box) to see what others are growing and link into the learners own findings and food directory.

MM4 L7 WS: DIRECTORY ADDITION - HERBS

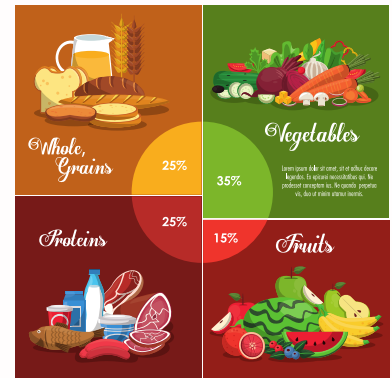


Form groups of 4 - this can be the same group that researched the vegetables in Lesson 6 or a new group.

Task: In your group, collaborate to collate and combine the information you gathered in the worksheet.

- The following information should be included:
 - Common name
 - Botanical name
 - Pictorial references of the herbs you researched
 - Related Information, e.g. herb lore, local lore about herbs or any other information about the herb you find interesting

- Think about how you want to present your information. Do you want to make:
 - a mind map?
 - A table?
 - Or another format?



Sowing	Growing	Harvesting	Problems	Tips
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- Upload your final layouts to the DIRECTORY OF LOCAL EDIBLE/MEDICINAL FLORA in the new section - HERBS.