

# Herb Tea

## Make your own tea



## Goal

Children create and make their own tea.

## Materials

- Clear glass jars with a lids (one per child). Note: you may want to ask other farmers market participants to bring you clean jars that they no longer need. Jam, salsa, and pickle jars should all work as long as they are clean.
- Drinking water (if you do not have easy access to water, bring water in gallon jugs)
- Fresh herbs (2 to 3 pieces per child; see next page for variety suggestions)
- Bowls for the herbs
- Written instructions for what to do with the tea when the child gets home
- Blank labels for children to label their tea with their name and ingredients and pens (optional)
- Book (optional): *Planting a Rainbow* by Lois Ehlert

## Preparation

Purchase seasonal herbs at market. Wash the herbs and place them into bowls.

## Activity

### Herbs Galore!

You can use any combination of herbs to make the tea. Purchase herbs from your farmers market. *Some ideas of herbs to use are: mints, lemon balm, chamomile, elderflower, yarrow, fennel, alfalfa, rose hips, rosemary, sage, basil, lemon verbena, rose petals, bee balm, and lavender.* You may want to encourage children to label their tea with all the ingredients.

1. As children come to Growing Minds @ Market, explain what they will be making and show them an example. Have each child select 1-3 fresh herbs (about half a cup of herbs for every 2 quarts of water) and place them in a jar.
2. Help the children fill the jars with water, leaving a little space at the top.
3. Put the lid on the jars and have the children shake them up.
4. Guide the children in labeling their jars with their name and ingredients
5. Give written directions explaining what to do with the tea when they get home.

## Herb tea directions for home

Now that you have made your herb tea, you have two options:

1. Refrigerator tea: Place your jar of tea in the refrigerator overnight. In the morning, strain the herbs out of the water and enjoy!
2. Sun tea: Place your jar in the sun for 1-4 hours. You may want to take a little taste every hour to see if you like the flavor. Once you think the flavor is strong enough, strain the herbs out and enjoy! You can also pour it over ice if you want a cold, refreshing tea. Be sure to refrigerate any tea that you do not drink immediately.

*Other ideas: Once your tea is finished, you can add other tastes to it. Be creative! Honey, berries, cucumber slices, and lemon will add flavor!*

## Read a Book

If children finish their project and are looking for something else to do, they can read *Planting a Rainbow* by Lois Ehlert, or an adult can read it to them.



# Fruit and Veggie Spinners

## Make a local food 3-D spinner

### Goal

Children make a fruit and vegetable based craft they will take home and display. Children think critically about shapes by turning a 2-D plate into a 3-D spinner.

### Materials

- Paper plates (standard size; 1 per child)
- Markers or crayons
- Colored construction paper
- Images of fruits and vegetables from seed catalogs
- Stapler and scissors
- Books (optional): *Growing Colors* by Bruce McMillan (for younger children), *A Fruit is a Suitcase for Seeds* by Jean Richards (for older children)

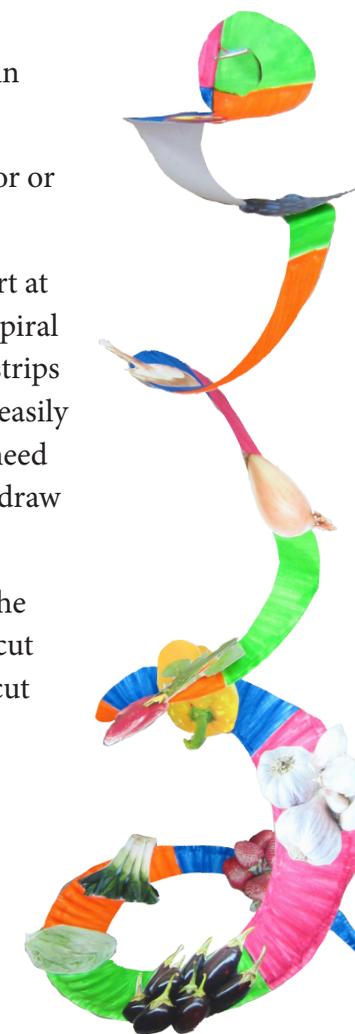
### Preparation

Cut various images of seasonal fruits and vegetable from seed catalogs. Sketch and cut various seasonal fruit and vegetable shapes from the construction paper. Prepare an example spinner so children can see a model that will help them understand the project.



### Activity

1. As children come to Growing Minds @ Market, explain what they will be making and show them an example.
2. Give the children a paper plate and ask them to add color or patterns to the plate with their markers or crayons.
3. Guide the children in cutting the plate into a spiral. Start at the outer edge of the plate and using the scissors, cut a spiral in the plate until you reach the middle. Keep the spiral strips about 1-2 inches thick (much thinner and the craft will easily bend the wrong way and tangle). Young children may need help cutting the spiral. Older children may need you to draw the spiral on the plate as a cutting guide.
4. Ask the children what fruits and vegetables they see at the market. What's in season? Ask the children to find and cut those vegetables from the seed catalogs or to draw and cut them from the construction paper.
5. Prompt the children to glue or staple their fruit and vegetable shapes onto their spinner. Finally, attach a string on top of the spinner so they can carry it or hang it up.



### Read a Book

If children finish their project and are looking for something else to do, they can read *Growing Colors* by Bruce McMillan (for younger children) or *A Fruit is a Suitcase for Seeds* by Jean Richards (for older children), or an adult can read to them.

