

Family Fun Activity: Swaggin' Fun

Items Needed:

- General: Newspapers, A Variety of Herb Plants (cilantro, marjoram, mint, oregano, parsley, rosemary, tarragon, or thyme), Index Cards, Pens or Pencils, String or Thin Wire (wire bread ties work well for this), Clippers (use with an adult), and Ribbon
- Per Child: Scissors

Instructions:

- Put newspaper on the table to protect the table.
- Help each child clip the herb plants so he or she has several clippings.
- Have the children use the index cards and cut one small label for each herb that they have.
- They will punch a hole in each, write the name of one herb each one, and attach them to the herb clippings.
- Explain that herbs need to be hung upside down and that they should keep this in mind when they start swaggin'.
- The children will use the string or wire to bind the different herbs together into a nice display.
- They will use the ribbon to decorate their display.
- Using either the string or wire, they will create a loop to hang their swag; keeping in mind that they herbs need to be hung upside down.
- They will find a spot that is dark and dry (a closet, an area in the attic, a pantry, etc.) to hang the swags.
- During the winter when the life in the outdoor herbs have retreated into their roots, the swags will provide dried herbs for delicious recipes.
- It is fun to research your herbs to learn the historical ways that each has been used.
- Have fun experimenting with different recipes using your herbs.



Recipe: Herb-Roasted Roots

Items Needed:

- 2 to 3 pounds of root vegetables (carrots, onions, parsnips, and potatoes)
- 2 to 4 garlic cloves
- 4 small stems of each: rosemary and thyme
- salt and pepper
- 3 tablespoons of Olive Oil

Instructions:

- Preheat the oven to 350 degrees.
- Chop vegetables and place in a baking dish.
- Spread herbs on top of vegetables and sprinkle with salt and pepper.
- Dribble the olive oil over the herbs and vegetables.
- Bake for 30 to 40 minutes, turning every 12 to 15 minutes.



When using fresh evergreen herbs like rosemary, use the tougher leaves when roasting at high temperatures.