

# Artisan Deeds for Herbs and Flowers: School Series

By New Mettle Farms

Perennial culinary plants like rosemary, winter savory, oregano, thyme, sage, parsley, chives, scented geraniums, and edible lavender look beautiful in a landscape while serving so very many wonderful purposes. Once perennial herbs become established, adding annual herbs and flowers like bachelor buttons, basil, German chamomile, lemon balm, or red roses can round out your fresh culinary options. And if you have ever seen these plants flourish, you'll know there is far more available than most household can eat. Some purposes to consider include preserving a wider range of culinary treats AND creating beautiful crafts for students to use or gift. People love receiving homemade, thoughtful gifts from the garden while your students benefit from achieving another level of conservationist actions; to use every part of a plant.

## Preserves & Culinary Treats

- Herbal Sugars– Lavender, lemon, mint, thyme
- Herbal Culinary Salts
- Soup Bouquets
- Herb Oils– Rosemary, thyme, peppercorn, cayenne pepper, winter savory blend
- Herbal Vinegars– Italian Salad Dressing, Fire Cider
- Sugar Syrups & Extracts–tarragon, mint, lavender
- Pesto (freeze) or Pickling (can)

## Herbal Crafts

- Herbal Bath Salts– peppermint, lavender, rosemary, rose, lemon
- Seed Packet Gifts– collect seeds from dried herbs that have completed lifecycles.
- Posey– small herbal and flower bouquets
- Napkin Wreathes, twig art; brooms, bows, smudge sticks, kindling
- Potpourri or Fire Starters

## Herbal Artisan Deeds

- Dried herbal flowers for framed art, paper crafts, shadow boxes
- Pressed herb/flower clay bowls, coasters, or other dishes
- Herbal Soap Making– rosemary, orange, calendula, fennel, lavender
- Lavender Wands or Wand Ladies
- Dried Flower Arrangements or Wreathes– using adhesive spays and desiccant to preserve.

## Culinary Fresh Herb Salt

By *Learning Herbs.com*

Makes 12 oz.

- 1/2 c. finely chopped fresh parsley leaves
- 1/4 c. finely chopped fresh chives and flowers
- 1/4 c. finely chopped fresh oregano leaves
- 1/2 c. Flakey or table salt (*size of salt grains determines whether you will use in cooking or after serving on plates*).

### Directions

1. Combine chopped herbs and salt together on a parchment sheet covered baking dish.
2. Set out to dry in an area out of the sun. Dry for 3-4 days.
3. Once dried, collect and store in an air tight container.

## Culinary Herb Sugar

By *New Mettle Farms*

Makes 1 cup

- 1 c. sugar
- Choice:
  - 1/2 tsp. edible lavender or rosemary– use on buttery or lemon flavored treats
  - 2 tsp. thyme– use in teas or as a savory bread topping

### Directions

1. Combine chopped herbs and sugar together on a parchment sheet covered baking dish.
2. Set out to dry in an area out of the sun. Dry for 3-4 days.
3. Once dried, collect and store in an air tight container.

# Herb and Flower Food Tasting

By New Mettle Farms

Harvesting leaves, flowers, roots, or seeds from plants can give your students a wide variety of activities they can do in the classroom, including cooking. Cooking can be as simple as stripping leaves from twigs, tying soup bouquets together for drying, or using a press chopping to cut leaves and mixing in plastic bags. Add the 'cook' part to food preparation, students can boil water in a microwave to make infusions like teas or melt chocolate. Using plants parts like flower and leaves to delicately decorate ready-made treats or even make their own flavored sugars or salts. There are quite a few opportunities to nibble what it is growing in the garden.

The alternative is making crafts. Did you know that the annual Rose Parade held on Thanksgiving every year in Pasadena, CA, requires parade floats to be entirely out of plants and their parts. That means flowers, petals, seeds, pods, leaves, bark, sticks, twigs, moss, mushrooms, and anything else you can think grows on plants gets used to create these fantastic creations. Using every part of your plants, no matter seasons, is a unique opportunity to get students into the garden, as well as become personally familiar with whatever plant has to offer, year-round!

## Flower Flotilla Drink

By New Mettle Farms

Makes 12 oz.

- 2 oz. of flavored sugar syrup found wherever coffee supplies are sold (peach, vanilla, apple, etc.)
- 8 oz. Club Soda
- Choice of scented geranium flowers or leaves like apple, mint, rose, lemon, or orange.
- Choice of complimenting fruit like apple spirals, lemon zest, or orange slices.

## Savory Flower Spread

By New Mettle Farms

Makes 8 oz.

- 1—8 oz. of butter or cream cheese, room temperature
- 2 Tbs. of any combination of chopped fresh herbs, leaves removed from stems: thyme, oregano, or winter savory
- 1 tsp. of any combination of chopped fresh herbs, leaves removed from stems: sage, rosemary, bay leaf
- 2 Tbs. of any combination of slice flower petals: nasturtium, chive flowers, or thyme flowers
- 1 plastic storage bag

**Directions:** Add ingredients into bag and remove air as you seal the bag. Gently squish ingredients together. Press all of mixture to the bottom of bag and roll into a long tube shape. Serve soft on bread or crackers or refrigerate

## Blue Button Sun Tea

By New Mettle Farms

Makes 1 gallon

- 6 regular tea bags of black tea
- 1 c. Bachelor Button Flowers
- 1 gallon of purified water
- 10-20 snips of whole Bachelor Button flowers

### Directions

1. Combine water, tea bags, and 1 c. BB flower in a glass jar with lid. Sit out in full sun for 8-12 hrs.
2. Remove flowers and bags and transfer into a pitcher. Refrigerate until cool. Add whole BB flowers for decoration. Serve with or without sugar.
3. **Altn:** Boil water in a pot. Remove from heat and add tea bags and 1 c. of BB flowers.

## Herb Salad Dressing

By New Mettle Farms

Makes 12 oz.

- 3 Tb. Of Culinary Fresh Herb Salt
- 1/2 c. Olive oil, plain or flavored
- 1 c. Any vinegar: Apple cider, balsamic, or red wine

**Directions:** Add ingredients into a spill-proof container and shake. Add additional chopped herbs just before serving.