

THE HERB GARDEN

PLANTS WITH A PURPOSE

Some of the plants here can be used for health and healing, others for cooking and preserving, cosmetics, decoration or spiritual rituals.

This is a great place for children to use their sense of smell and look for different textures.



ACTIVITY IDEAS

- Quietly watch the bees collecting nectar from flowers. Look for the yellow or brown 'pollen baskets' on their legs.
- Bees do a 'waggle dance' to tell other bees where the best flowers are. Ask children to make up a dance and lead the way to their favourite flower.
- Rub the leaves of the plants gently to see how many different smells you can discover in the garden.
- Use the sundial to tell the time.

KEEPING YOUR TAMARIKI SAFE

- Please do not pick or taste any of the plants, even the herbs that you know.
- Remind children that if a bee or wasp lands on them to stay calm and still.

DID YOU KNOW?

- Rosemary is native to the Mediterranean.
- It's traditionally used to help alleviate muscle pain, improve memory, boost the immune system and promote hair growth.
- Rosemary tastes delicious cooked with chicken and lamb and is a good source of iron and calcium.
- Lavender is native to northern Africa and mountainous areas of the Mediterranean.
- Lavender oil is often used in fragrances and skin treatments because of its calming and wound healing properties.



A SONG TO SING

Tune of I'm a Little Tea Pot
Use fingers for actions



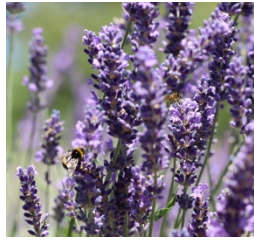
I'm a little bumblebee yellow and black
I fly around the garden with pollen on my back
I drink flower nectar to take back to my hive
Watch me buzz around as I dip and dive!

Please ask children not to walk on the garden beds – this will help to protect delicate plant root systems.

HERB GARDEN I-SPY



marikōura / marigold



lavender



rōhi / rose



pepe mā / white butterfly



pī / bee



rosemary



whakaatu hāora / sundial



manu pango / blackbird



mint



māpere / mulberry



nasturtian



brick bench planter

HOW MANY COLOURS CAN YOU MATCH TO THE FLOWERS AND LEAVES IN THE GARDEN?

