**Veggie and Herb Exploration:**

**Materials:**

An Outdoor or Indoor Garden

Or

Photos of Herb and Vegetable gardens

Activity Journal

Pencil

Colored Pencils, Crayons or Markers (optional)

**Instructions:**

* + 1. Walk through a garden (or look through your pictures) and find any vegetables and herbs you recognize.
    2. Draw (and color if you like) the plants and vegetables that you find. Answer the following questions in your journal.
       - * What is the name of the herb/vegetable?
         * How is it used in cooking?
         * Do you like its taste/flavor?
         * Was this plant used in Tudor England? For what dishes?
         * Does this plant/vegetable have any uses for illnesses? How about in Tudor England?

**\*What new foods might your try next?O**

*Indoor Herbal Scavenger Hunt Game*

<https://www.herbalrootszine.com/wp-content/uploads/2020/03/Indoor-Herbal-Scavenger-Hunt.pdf>

*Herb Word Search*

<https://herbalacademyofne.com/wp-content/uploads/2015/02/Herbs-for-Kids-Word-Search-by-the-Herbal-Academy-of-New-England-b.jpg>