

Instructions

wild herbs

1

Let's find some yummy **wild herbs** to why not plant on your balcony?

2

Before deciding what to plant on your balcony let's create a **reference chart** to identify wild herbs!

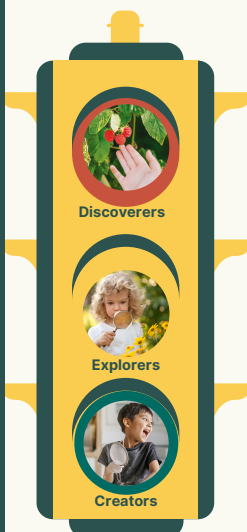
ITEMS

3

- A container
- A piece of thin cardboard and color markers
- Double-sided adhesive tape or glue

4

Go to a **park, garden, forest** and start exploring! Search for daisies, dandelion, garlic rocket and ribwort.



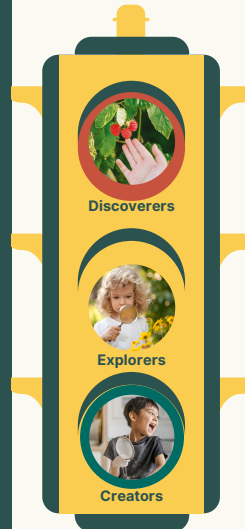
Lead your child to the right wild herbs after pre-identifying which are edible on your own.

Give your child three step-instructions for her to find the right wild herbs after pre-identifying which are edible on your own.

Search with your child the wild herbs using a reference picture of the ones you are looking for.

5

Once you have identified the herbs you want to **pick** go ahead! put them in the **container** as you find them.



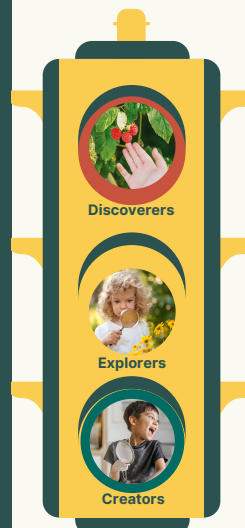
Help your child pick the herbs correctly.

Show your child how to pick the herbs and let her do it by herself.

Explain to your child with words how to pick the wild herbs and let her do it by herself.

6

At home **paste each** herb on the **piece of cardboard** with **tape or glue** and write the name of the herb with a **color marker**.



Write down for your child the wild herbs' names and glue the first one so that she can replicate it.

Give your child three step-instructions for her to glue the wild herbs on the cardboard and let her do it by herself (only intervene if necessary). Write down the names of the wild herbs' showing her how these are written.

Explain to your child with more elaborate words how to glue the wild herbs and let her do it by herself. Show her how the wild herbs' names are written and let her replicate it on her own.

Discover wild herbs

Nature is full of surprises and gifts, and **wild herbs are one of them!** These popular plants are great for **seasoning food** and **drinks**, giving them a very **special smell** or **taste!**

Here **4 edible wild herbs** that your child will like and that you can **easily find** together in **spring!**

DANDELION



RIBWORT



DAISIES



GARLIC ROCKET



BEFORE WE GET STARTED, A
COUPLE OF **RULES TO REMEMBER.**

1. **Before** touching or picking any plants you should first **observe** and **identify** what is around you together with your child.
2. Only **pick carefully** the part of the plant you need.
3. Try to pick just **a few leaves** or flowers of a plant at a time so that it can grow back.
4. Always try to collect wild plants in areas where there are **several plants** of the **same species**.

Some facts about wild herbs

Wild herbs are a **gift from nature** as they provide us with **vital** and **valuable** substances that **benefit our body**.

The best part is that **they grow freely** in forests, parks, and of course in gardens!

How does our body benefit from wild herbs?

They contain:

- **Vitamins** such as **A, K, C**.
- **Minerals** such as **potassium, calcium, iron and magnesium**.
- They also contain **proteins**.
- Leaves are rich in **antioxidants**.
- **Bitter substances** (benefit the metabolism and immune system).
- **Chlorophyll** (digestive, and anti-inflammatory effects).
- **Enzymes** (fundamental for all metabolic processes in the body).



THERE ARE MANY TASTY PREPARATIONS WITH WILD HERBS

What can you prepare?

Fresh and natural lemonades, infusions, teas, green smoothies...



soups, salads, stews, pancakes, crepes, outdoor-sushi and much more!

