

FUN WITH HERBS

CRAFTS (Ages 8-12, Grades 3-6)

Tussie Mussies: Send a message with herbs and flowers.

Materials: various herbs and flowers, scissors, paper doily, string or green floral tape, ribbon

What to Do:

- Decide what you want to say
- Choose the flowers and herbs that match your message and place them in the center of your bouquet.
- Now arrange other flowers and herbs around the center in whatever arrangement looks good to you.
- Pull all the leaves off the bottoms of the stems and tie a string around your bouquet or wrap with green floral tape.
- Cut a small circle in a paper doily and push your stems through.
- Tie a pretty bow or ribbon around the stems under the doily.
- Now give your tussie mussie to a friend and see if they can figure out what your message is.

Herb and Flower Messages to try:

Basil	Best wishes.
Clover	Good Luck!
Coreopsis	You are always cheerful
Dandelions	Wishes do come true!
Lavender	You make me happy.
Marigold	I am jealous of you.
Marjoram	You are kind.
Oregano	You are creative.
	You are talented.
Pansies, Violets	I am thinking of you.
Parsley	Thank you!
	Let's party!
Pineapple mint	Welcome
Rose	
Yellow	You are my friend.
Red	I love you.
Sage	You are smart
Salvia	I am thinking of you.
Scarlet Geranium	I like your smile.



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CULINARY

FLOWER CUPCAKES: Turn plain old cupcakes into a beautiful culinary delight.

What you need: cupcake mix, white frosting, well-washed edible flowers (try pansies, lavender buds (not the leaves), violas, nasturtiums, and violets).

What you do:

- Make cupcakes according to package direction.
- Frost the cupcakes.
- Pick your edible flowers right before you use them. Make sure you wash and dry them thoroughly. Ask an adult to help you identify which flowers are edible.
- Decorate your cupcakes with the flowers.
- Share with your friends and family.

“BEAT IT” DIP: Fun recipe to make with your kids. Provided by Mississippi State University under “Cooking with herbs” at <http://msucares.com>

1 (8 oz.) package cream cheese
2 very ripe Roma tomatoes
2 teaspoons mayonnaise
1 teaspoon minced oregano
1 teaspoon minced basil
1 teaspoon minced chives
Salt and pepper to taste

Let the kids “beat” all the ingredients together. Put the dip in the refrigerator to chill overnight. Serve with chips or crackers.



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