

NUTRITION ACTIVITY #3

TIN CAN HERB POTS

This is a great project to teach children about growing plants, especially edible ones. Make these charming tin can herb pots and watch the herbs grow all summer long! This project not only recycles, it creates new life.



Materials

- 1 empty 425g can for each child
- A large nail and a hammer
- Acrylic craft paints in colours of your choice
- Craft stick
- Thin cardboard
- Black permanent marker
- 5-10 small rocks, stones or pebbles
- 1.5 cups potting soil
- Herb seeds or seedlings
- Water

Instructions

- Completely wash and dry can. If necessary, sand off any rough edges from opening of can.
- Turn can upside down. Hammer the large nail in to the can to make the holes.
- Paint can in the desired colour, repeat coats if needed.
- Decorate however you like. Use a thin paint brush for long lines / dip the end of the paint brush into paint for polka dots. Decorate with stickers if desired.
- Place enough rocks or pebbles in the bottom of the can to form a single layer and add enough potting soil to fill the can two-thirds full.
- Add seeds or remove seedling from its container and transplant into the can.
- Fill edges with remaining potting soil and gently pat down so that plant is firmly in the can but not compacted so much that it's too tight.
- Place can on a plate (to catch any water drainage) and add some water to the newly planted herbs.
- Paint craft stick whatever colour you like. Allow to dry.
- Cut a piece of thin cardboard into a small rectangle and glue it to the top of the craft stick.
- Use a black permanent marker to write the herb name onto the rectangle and insert your plant marker into the soil, being careful not to crush any roots along the way.
- Place your new garden in a sunny window and remember to water them!

Benefits

- ✓ Take the opportunity to visit your local library and check out a book on simple container gardening or gardening with kids.
 - ✓ Keep the kids involved, be sure they take care of "their" plant. Have them water their plant and show them how to check to see if the soil is too dry or just right by gently touching the soil surface with their finger.
 - ✓ Eat these herbs! Your kids will light up when they get to pinch off a basil leaf to add to your spaghetti sauce.
- <http://crafts.kaboose.com/earth-tin-can-herb-pots.html> accessed 10th January 2012