



Herbology 101

5th & 6th Grade

Here at Red Butte Garden, we believe learning is fun and can happen anytime, anywhere. To help continue the fun at home, we've included an outline of the topics we'll study this week at camp as well as a list of additional activities, books, and other resources related to this week's theme. We hope you'll use this to engage with your camper and keep the learning process happening all summer long! Thanks for coming to Summer Camp, and we'll see you soon at the Garden!

CAMP THEME

Many different plants live at Red Butte Garden, but did you know they have many uses? Each day this week we'll investigate a different way that plants are used in everyday life, from textiles, to cooking, to medicinal. Along with the topics below, be sure to ask your camper about each day's mysterious garden dweller.

- **Monday** – Textiles, nature based fibers
- **Tuesday** – Herb tasting
- **Wednesday** – Plant based dyes
- **Thursday** – Scents, candle making
- **Friday** – Medicinal plants

ACTIVITY IDEAS

- More ways to introduce different uses of herbs
 - <http://mamarosemary.com/herbs-for-kids/>
- Make some dye from natural materials
 - <http://pioneerthinking.com/natural-dyes>
- Make natural lip balm
 - <https://www.diynatural.com/homemade-lip-balm-and-natural-lip-care/>

ADDITIONAL RESOURCES

- *A Kid's Herb Book* by Lesley Tierra
- *Walking the World in Wonder: A Children's Herbal* by Ellen Evert Hopman

