

*Supplies List for Summer Saturdays: Garden, June 27***Design Your Garden**

- Garden design downloads
- Writing or drawing implements

Herb Drying

- Fresh herbs (1 or more bunch(es) of herbs such as sage, tarragon, mint, thyme, cilantro, rosemary, basil, parsley, lemon balm, or oregano)
- Twine or rubber bands
- Hanger or hook for holding bundles -(optional)
- Well-ventilated hanging space without direct sunlight
- Food dehydrator (optional)
- Mason jars or another containers with a tight seal (for storage, to prevent air and moisture getting in)

Things to consider when you are selecting and preparing your herbs:

What do you already have in your house?

You can do this activity with herbs you already have in the house. Do you have left over herbs from that recipe you made last week? Drying the leftovers is a great way to save the herb for later use.

Do you grow your own herbs?

Home-grown herbs are more pungent and flavorful than the ones you can get in a store. If you have too much of one or more to use while they're fresh, try drying them. It is a great way to enjoy those herbs in dishes later in the season.

When you are harvesting herbs from your garden, please keep in mind:

- You may harvest most herbs at any time; but generally, they are most flavorful just before flowering.
- As you harvest, cut plants halfway down just above a growing point. On most plants, this is at a point, vertically, between two leaves.
- Cut similar lengths or sort your cuttings into piles with similar lengths to help them dry evenly.



Do you need to buy herbs?

You might be able to purchase high-quality herbs from a farmers market.

- Ask about buying in bulk.
- Ask about buying seconds, or imperfect herbs, as slightly wilted herbs may cost less and will still dry well.

You can also buy herbs in the grocery store. We recommend that you:

- Look for herbs that are rubber-banded or twist tied.
- Rubber-banded or twist tied are usually a better value than buying small and expensive bunches, the kind sold in plastic containers. However, both types will work for this activity.

Flower Pressing:

- Flowers (these can be from an arrangement you have, something you pick out of your garden, or even something you harvest from the woods or meadows near your home)
- Method 1:
 - Flower press with corrugated cardboard (think ripples in between)
 - Blotting paper (optional)
- Method 2:
 - Two heavy books of similar size, or two sturdy wooden boards
 - 5 to 10 pieces of corrugated cardboard cut to book size (think old shipping boxes)
 - Old text books and encyclopedias work really well
- Small fan (optional)

Things to consider when you are selecting and preparing your flowers:

There are plenty of places to harvest flowers for pressing. If you have a garden many popular flowers are great for pressing!

- Harvest fully open flowers that look at their best.
- Avoid harvesting flowers when dewy or wet from rain.
- Smaller flowers tend to press better than larger ones.
- Flowers that weep or produce sap when picked may not be best for pressing.
- Waxy petals and leaves tend to discolor while pressing.
- These common garden flowers do well: gomphrena, zinnia, celosia, cosmo, snapdragon.

If you don't have a garden, you can find flowers in other ways. Consider going for a walk along a public trail or parks. There are numerous plants flowering at this time of the year. While it might be inappropriate to harvest an excess, picking a few to press is unlikely to cause any harm. Be on the lookout for purple and white clover, chicory, or joe pye weed.

If you visit a farmers market or grocery a single mixed bouquet provides plenty of flowers to press.