

A Recipe to Grow, Play & Learn

Tea: Garlic and Herb Bread

This resource provides activities for learning that link to a healthy recipe for tea for Early Years children.

This resource includes:

Herbs Matching Game: Exploring Smell and Taste	Communication & Language: Speaking; Personal, Social & Emotional Development: Managing Self; Understanding the World: The Natural World
Making a Herb Planter	Physical Development: Fine Motor Skills; Expressive Arts & Design: Creating with Materials / Being Imaginative & Expressive
Butter Making	Personal, Social & Emotional Development: Building Relationships; Understanding the World: The Natural World
Recipe for Tea: Garlic and Herb Bread!	Physical Development: Fine Motor Skills; Understanding the World: The Natural World

Literacy Links:

Oliver's Vegetables

by Vivian French

The Very Hungry Caterpillar

by Eric Carle

I Will Not Never Ever Eat a Tomato

by Lauren Child

Handa's Surprise

by Eileen Browne



Herb Matching Game: Exploring Smell and Taste

Print off the herb picture cards in colour from the next page (or just the ones matching the herb plants that you buy).

1

Ask the children to match the picture of the herb to the plant.



2

Ask them to take a leaf from the plant, crush it between their fingers and smell it. Do they like the smell? Can they think of any words to describe the smell?



3

If they feel brave, encourage them to taste each herb. They do not have to swallow the leaf, just pop it in their mouths to taste it before spitting it out. Can they think of any words to describe the taste?



Which herb is their favourite?
Least favourite?



Which two herbs would they like to include in their garlic and herb bread?





coriander



parsley



rosemary



thyme



chives



basil

Making a Herb Planter

Using some scrap wood, empty milk cartons or old wellies you can create some exciting herb planters – let your imagination run wild!



See growing instructions on the next few pages for: coriander; parsley; rosemary; thyme; chives and basil

Top Tips!

Pick leaves when dry by midmorning, before hot midday sun evaporates the oils.

Harvest leaves a short time before use for the best flavour and texture.

Only pick the tops of the herb plant, leaving the stalks intact. This allows for future growth.



Coriander

Suggested species: *Coriandrum sativum* (botanical name)

Herbs

PLANT



Regularly sow seed 0.5cm deep. Thin seedlings to 5cm apart for leaf crops or 20cm for seeds. Plants dislike being transplanted. Choose well drained soil in sunny site

GROW



Young broad leaves can have unpleasant smell (avoid growing indoors). Scent can repel aphids and carrot root fly. Stake flowering stems for support

EAT



Pick young leaves before flowering for use fresh when about 10cm long. Gather aromatic seeds after seedheads ripen in summer (ripening can be sudden)

Growing guide

Give it a go...

Average growing period

8 weeks (leaf); 16 weeks (seed)

Equipment needed

Stakes

Germination time

7-21 days

Average plant size

60cm tall, 20cm wide

Family group to grow with

Apiaceae: chervil, dill

Seed saving group

2 - Annual, can cross-pollinate

Key nutritional content

Fresh leaf: vit. C, vit. A, calcium, iron

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors
 ■ Sow outdoors
 ■ Plant out/transplant
 ■ Harvest
 Use cloche

Parsley

Suggested species: *Petroselinum crispum* (botanical name)

Herbs

PLANT



Sow seed 0.1cm deep in pots. Transplant seedlings when 5-10cm tall to 15cm apart in rows or larger pots. Choose deep fertile soil in sun or partial shade

GROW



Protect from slugs. Keep well watered in dry weather and feed regularly with an organic fertiliser. Remove any flower heads that appear

EAT



Pick leaves in the plant's first year before flowering; use fresh or freeze. Extend harvest by covering with horticultural fleece in autumn

Growing guide

Give it a go...

Average growing period

From 10 weeks

Equipment needed

Feed, horticultural fleece

Germination time

14-28 days

Average plant size

40cm tall, 30cm wide

Family group to grow with

Apiaceae: coriander, dill

Seed saving group

4 - Biennial, needs isolation

Key nutritional content

Fresh: calcium, vit. A, vit. C, iron, folate

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors
 ■ Sow outdoors
 ■ Plant out/transplant
 ■ Harvest
 Use cloche

Rosemary

Suggested species: *Rosmarinus officinalis* (botanical name)

Herbs

PLANT



Plant bought rosemary or 'rooted cuttings' taken in summer (7cm long shoots). Can also sow seed in spring. Choose well drained soil in sunny sheltered site

GROW



Keep watered until established. Pinch out growing tips to encourage bushy plants. Remove frost damaged growth. Will crop year after year

EAT



Pick leaves for use fresh. In very cold areas, protect with horticultural fleece over winter or move container grown plants indoors. Flowers are also edible

Growing guide

Easy!

Average growing period

4 wks (bought); 24 months (seed)

Equipment needed

Horticultural fleece

Germination time

7-14 days

Average plant size

100cm tall and wide

Family group to grow with

Lamiaceae: lemon balm, sage

Seed saving group

5 - Specialist or not applicable

Key nutritional content

Fresh: calcium, iron, vit. C, vit. A

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors
 ■ Sow outdoors
 ■ Plant out/transplant
 ■ Harvest
 Use cloche

Thyme

Suggested species: *Thymus vulgaris* (upright); *Thymus pulegioides* (creeping)

Herbs

PLANT



Sow seed on soil surface in pots and transplant seedlings 25cm apart. Can also plant bought thyme or 'rooted cuttings' taken in summer. Choose well drained soil in sunny site

GROW



Water until established. Cut back shoot tips to encourage more growth and reduce stem length after flowering to avoid plants becoming too woody

EAT



Pick leaves to use fresh or before flowering for drying, leaving at least 7cm of growth. Plants crop year after year. Will keep mat of leaves over winter (evergreen)

Growing guide

Easy!

Average growing period

From 12 weeks

Equipment needed

None

Germination time

5-10 days

Average plant size

Up to 30cm tall and wide

Family group to grow with

Lamiaceae: mint, sage

Seed saving group

2 - (Perennial, can cross-pollinate)

Key nutritional content

Fresh: calcium, zinc, vit. A

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors
 ■ Sow outdoors
 ■ Plant out/transplant
 ■ Harvest
 Use cloche

Chives

Suggested species: *Allium schoenoprasum* (botanical name)

Herbs

PLANT



Sow seed 0.5cm deep and thin or transplant seedlings to 25cm apart. Can also dig up and split established plants in autumn. Choose rich moist soil in sunny site

GROW



Water well in dry weather. Remove flowering stems to increase leaf production (unless growing for flowers). Leaves die back to soil level in winter

EAT



Cut leaves to use fresh or for freezing from when plants are 15cm tall, leaving 5cm of stem to regrow. Will crop year after year. Flowers are also edible

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D
		■	■	■							
				■				■	■		

■ Sow indoors ■ Sow outdoors ■ Plant out/transplant ■ Harvest ■ Use cloche

Growing guide

Easy!

Average growing period

From 12 weeks

Equipment needed

None

Germination time

10-20 days

Average plant size

30cm tall and wide

Family group to grow with

Alliaceae: onion, shallot

Seed saving group

2 - (Perennial, can cross-pollinate)

Key nutritional content

Fresh: vit. A, vit. C, calcium

Basil

Suggested species: *Ocimum basilicum* (botanical name)

Herbs

PLANT



Sow seed 0.1cm deep in pots. Keep seedlings well ventilated and not too wet. Transplant 30cm apart when 5-10cm tall. Choose fertile soil in sunny sheltered site

GROW



Keep well watered. Regularly pinch out growing tips to encourage bushy plants and delay flowering. Can grow in greenhouses or on a windowsill year round

EAT



Pick young leaves for use fresh or store by freezing, drying, or infusing flavour by submerging leaves in olive oil. Purple leaved varieties have less intense flavour

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D
		■	■	■	■						
								■			

■ Sow indoors ■ Sow outdoors ■ Plant out/transplant ■ Harvest ■ Use cloche

Growing guide

Give it a go...

Average growing period

From 12 weeks

Equipment needed

None

Germination time

5-10 days

Average plant size

45cm tall, 30cm wide

Family group to grow with

Lamiaceae: lemon balm, sage

Seed saving group

1 - Annual, self-pollinating

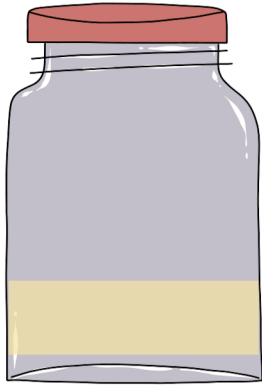
Key nutritional content

Fresh: calcium, iron, vit. A, vit. C

Making Butter

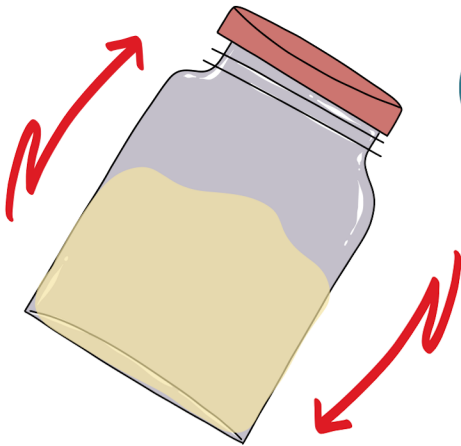
You will need:

- Enough jam jars for one between 3 or 4 children.
- Double cream at room temperature – enough to fill the jars $\frac{1}{4}$ or $\frac{1}{3}$ full.



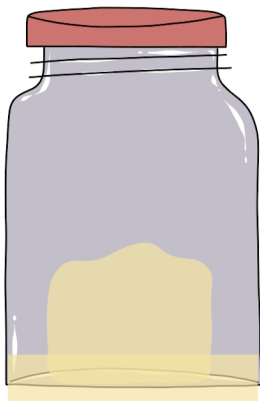
1

Fill each jar to between $\frac{1}{4}$ and $\frac{1}{3}$ full with double cream.



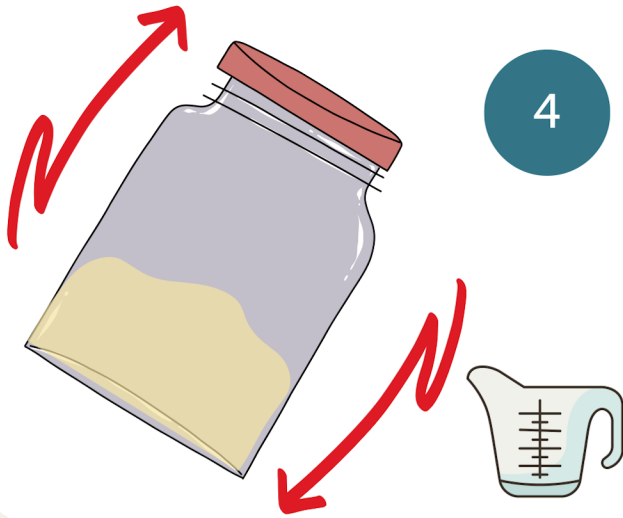
2

Take it in turns to shake the jar up and down. This can take up to 20 minutes, so taking turns in short bursts works well.



3

Eventually the sloshing sound of the cream will change as a lump of butter is formed. The liquid remaining is the buttermilk.



4

Pour the buttermilk into a separate container (you can keep it for baking). Shake the jar again to remove any further buttermilk, and pour it out again.



5

Finally, wash the butter under the cold tap briefly to remove any remaining buttermilk.



6

The butter can be kept in the fridge for 2-3 days, but best used immediately when it will be easiest to spread.

Garlic & Herb Bread

Makes 6-8 pieces

Ingredients (allergens in bold)

For the bread:

- **225g strong white bread flour**
- 1 x 6g sachet easy blend (microfine) dried yeast
- 150ml warm water
- 2 tablespoons olive oil
- **extra flour for dredging and kneading, and for flouring the baking tray**

For the herb filling:

- 4 garlic cloves, peeled and crushed
- 4 - 6 tablespoons fresh chopped herbs mixture (parsley, chives, oregano, basil)
- 2 tablespoons olive oil

Equipment:

- mixing bowl
- measuring jug
- tablespoon
- wooden spoon
- flour dredger
- chopping board
- sharp knife
- garlic crusher
- small bowl
- rolling pin
- dessertspoon
- baking tray
- cooling tray

Method

1. Place the flour and yeast in the mixing bowl. Add enough water and oil to form a soft dough, mixing thoroughly with a wooden spoon.
2. Knead the dough on a lightly floured surface for approximately 10 minutes or until it is smooth and springy.
3. Heat the oven to 220°C/Gas 7.
4. Put the crushed garlic, herbs and oil in the small bowl and mix thoroughly.
5. Lightly flour the work surface and using the rolling pin, roll the dough to a rectangle approximately 20cm x 30cm.
6. With the dessertspoon, spread the garlic and herb mixture evenly in a thin layer over the dough. Starting at the short edge, roll up like a Swiss roll.
7. Cut the dough into six evenly sized pieces. Place them in a circle (with one in the centre) on a floured baking tray. Set aside to rise.
8. When the dough has risen to twice its original size, bake for 10 - 15 minutes until golden brown.
9. Lift the bread (in one whole piece) and place it on a cooling tray to cool before serving.



For a healthy, balanced tea, try serving the garlic and herb bread with veg sticks and a houmous or tzatziki dip, or a vegetable soup.