

Grow Your Own... Herb Bread

Herbs in your school

Herbs such as thyme and rosemary make an excellent addition to any school garden. They're low-maintenance plants that like a sunny spot and a well-drained soil (not waterlogged). They will do well in open ground, as well as in containers. Thyme and rosemary are perennials meaning they will survive throughout the winter and will crop year after year.

Top tip: Use old recycling bins as containers to grow herbs in small spaces.

Make your own herb bread

We love this easy herb flatbread recipe from Jamie Oliver www.jamieoliver.com/recipes/bread-recipes/easy-flatbreads

For more great recipes and information on joining Jamie's Kitchen Garden Project, visit www.jamieskitchengarden.org

Be inspired

See how schools have grown herbs and other fruit and vegetables to make produce with through our range of case studies found via the link below: www.foodgrowingschools.org/why_grow/case_studies/

Growing your chives

When to start: March and April indoors on window sills in pots. Sow outdoors from mid-May onwards.

Average germination time: 10-20 days

Average time to harvest: 12 weeks

Sow and grow

Indoors

1. Fill containers/pots with moist, sieved compost and gently firm.
2. Sprinkle seeds evenly on the surface and cover with a light sprinkling of compost.
3. Place on an indoor windowsill. Keep the compost moist, do not allow to dry out and do not allow the compost to become soggy
4. Seedlings may be thinned out and transplanted to larger pots once established

Outdoors

5. Direct sow outdoors from May in warm moist soil. Cover seeds lightly. Soil should be well drained but moist. Chives will grow in full sun or partial shade.

Eat

6. Cut the leaves once they reach approximately 15cm tall, leaving 5cm to regrow. The flowers are also edible and make a decorative addition to salads

See other useful herb related information at:

www.herbsociety.org.uk

Growing your rosemary

When to start: Plant anytime in spring

Average time to harvest: All year round

Sow

1. Buy strong healthy plants from a garden centre or nursery, or ask parents to bring in spare plants.
2. Plant in a sunny spot outdoors, in open ground, raised beds, or containers. Water well.

Grow

3. Keep watered until established.

Eat

4. Pick leaves and use fresh. Regular picking will ensure that your rosemary remains nice and bushy. The flowers are also edible.

Growing your thyme

When to start: Plant anytime in spring

Average time to harvest: All year round

Sow

1. Sow using the same instructions as rosemary (above). Try different varieties - common thyme has a strong flavour, while lemon thyme has a citrus flavour. If you do not have an outdoor space, thyme will grow indoors on a windowsill.

Grow

2. Keep watered until established (outdoors). If growing indoors, keep soil moist but not soaking.

Eat

3. Pick leaves as required, leaving at least 7cm of growth on the plant.