

DIY Indoor Herb Garden



It's easy to grow an herb garden in your kitchen, bay window, or window box. Planting an up-cycled herb garden with things you may already have around the house, plus some organic seeds or plant starts makes growing basil, cilantro, thyme, or whatever your herbal favorites are fun, organic, green, and super nutritious.

Getting back in touch with the food we eat, especially when it comes to growing your own, truly makes the foods we eat fuel for our bodies, and gives us energy for really living. Because we are what we eat, growing what you eat gives you more power in your life, and super boosts your health.

Grab a few plastic containers from the recycle bin, maybe empty yogurt, sour cream, or strawberries containers, and some duct tape. Boom – you're an indoor gardener! Now round up the rest of the supplies you need and get ready for some in-the-dirt fun!

Supplies

- Plastic containers from around the house
- Decorating supplies for your containers (decorative Duct Tape, ribbon, paint, etc.)
- Scissors
- Hammer
- Nail
- Small rocks (1 large handful per container)
- Soil (worm castings, composted food, or organic compost)
- Organic or Heirloom Herb seeds or starter plants
- Waxed paper

Directions

1. Clean and dry the containers from your recycling bin.
2. With a nail and hammer, put 3-4 drainage holes into the bottom of each one. This is a good task for tween crafters or adults.
3. Decorate! Cut strips of Duct Tape, or ribbon fit around the container. Be as creative as you like. Write the name of the herb on the container so you'll know what's growing.
4. Once decorating is complete, wrap your container in wax paper to protect your designs.
5. Add rocks to the bottom of your container.
6. If using seeds, hold them in your mouth for 3-5 minutes, saturating them with saliva (this gives instruction to the future plant as to what nutrients you need so that it will know what to pick up from the soil).
7. While the seeds are rolling around (no chewing) in your mouth, add soil on top of the rocks then plant the seeds as directed. If using plants, place them on top of the rocks, and if needed, add soil to fill out the container.
8. Add a little water to your plants, put them in a sunny window, and get ready to enjoy the fruits of your labor!