



Grow Herbs Indoors

There are lots of herbs that you can grow at home such as basil, chives, mint, thyme, oregano and rosemary. Herbs are a great way to add extra flavour to lots of your meals.

Resources:

- Herb Seeds
- A 6 inch pot / container with small holes in the bottom
- Soil
- A windowsill or spot with good sunlight



Step-by-step guide:

1. Plant your seeds in the soil
2. Place your container in the brightest place of your home (they like at least 6 hours of sunlight a day)
3. Water your herbs regularly
 - Basil, chives and mint need to be watered 3 to 4 times a week (if the leaves wilt or turn yellow, water a little less)
 - Thyme, rosemary and oregano need to be watered 1 to 2 times a week (if the leaves start to brown, water a little more)
4. When the herbs are ready, use scissors to carefully remove the leaves

Top Tip: you could decorate some plant labels to mark when the seeds were planted and to help you remember what they are going to grow into

