

GLENSIDE HERBS WORKSHEET

INSTRUCTIONS:

- Tick the boxes for herbs you feel are appropriate for a herb garden – why might some not be?
- Make notes on why the herbs on the sheet would or would not be useful in the sensory garden.
- How could you position them according to height, colour & ideal growing conditions?

LAVENDER



Properties/uses: trouble sleeping, cardiovascular diseases, stress relief
Conditions: dry, well-drained, sandy or coarse dirt in full sunlight
Size: 3 feet high, 1-3 feet wide
Fragrance: delicate, sweet smell that is floral, herbal & woody at the same time

FOXGLOVE



Properties/uses: highly toxic, asthma, epilepsy, headaches & atrial fibrillation
Conditions: shaded woodland, nearby hedges, well-drained, moist soil
Size: 3 feet high, 2 inches wide
Fragrance: petrichor (freshly rained-on grass)

ST. JOHN'S WORT



Properties/uses: depression, ADHD, insomnia, OCD, PMS
Conditions: moist and well-drained soil in full to partial sunlight
Size: 2-4 inches high, 1.5-2 feet wide
Fragrance: akin to lavender with sweet and spicy tones

ROSEMARY



Properties: antibacterial, antiviral, antifungal, mood lifting
Conditions: full sun with well-draining soil
Size: 4 feet high, 4 feet wide
Fragrance: pungent and astringent scent similar to eucalyptus

YARROW



Properties/uses: depression, anxiety, brain health, gastrointestinal problems
 Conditions: virtually any soil conditions, best for dry soil
 Size: 3 feet high, 3-5 inches wide
 Fragrance: sweet and herby

SAGE



Properties/uses: menopausal symptoms, memory and brain health
 Conditions: warm and sunny, sheltered areas
 Size: 12-24 inches high, 30 inches wide
 Fragrance: earthy aroma with a herbaceous scent

THYME



Properties/uses: bacterial and fungal infections, dementia, mood lifting
 Conditions: sunny areas with moist soil
 Size: 6-12 inches high, 12 inches wide
 Fragrance: strong and intensely fresh, very herbaceous

CHAMOMILE



Properties/uses: digestive relaxant, trouble sleeping, motion sickness and nausea
 Conditions: well-drained soil in full or partial shade
 Size: 11-23 inches high, 11 inches wide
 Fragrance: sweet and fresh

HEMLOCK



Properties/uses: highly toxic, sedative and relaxant
 Conditions: moist soil with partial shade
 Size: 30-60 feet high, 1-2 feet wide
 Fragrance: floral-vanillic

PERIWINKLE



Properties/uses: vertigo, headaches, poor memory/amnesia
 Conditions: grows as ground cover, non-selective conditions as grows easily in most
 Size: 20cm high, 30cm wide
 Fragrance: gentle, sweet scent

JUNIPER



Properties/uses: autoimmune disorders, anti-arthritis
 Conditions: full or partial sun, well-draining soil
 Size: 3-32 feet high, 1-4 feet wide
 Fragrance: intense with similarities to pine, cedar and gin

ARRACH/ORACHE



Properties/uses: menstrual cramps, hysteria
 Conditions: well-maintained soil with partial sun
 Size: 2 feet high, 1 foot wide
 Fragrance: little to no particular scent

ALOE



Properties/uses: antioxidant, antibacterial, lowers blood sugar
 Conditions: indirect sunlight with coarse soil
 Size: 5 inches – 2 feet high, 1 foot wide
 Fragrance: foul-smelling, can be similar to rotting onions/garlic

CALAMINT

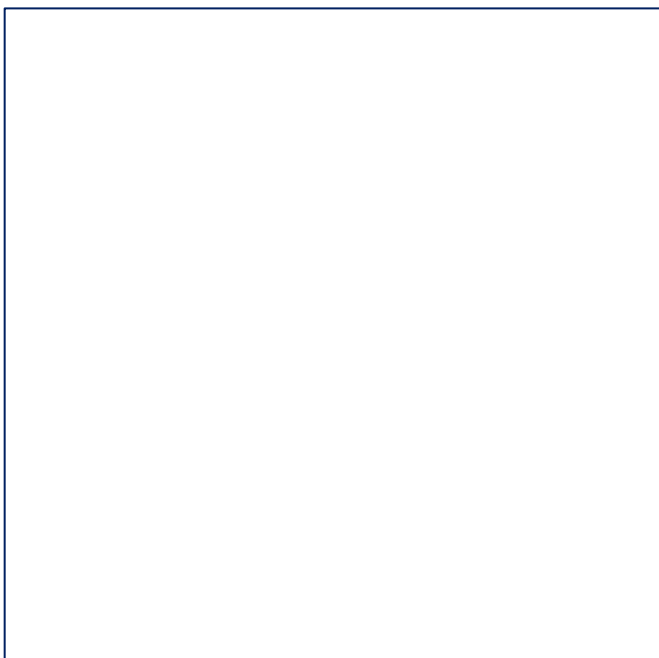


Properties: anti-inflammatory, anti-microbial, anti-oxidant, trouble sleeping, depression, epilepsy
 Conditions: full sun and well-drained soil
 Size: 11-23 inches high, 11 inches wide
 Fragrance: minty-lemon

- Below are some herb and/or vegetable garden labels & markers – have a look at the examples and have a go at designing your own labels!



Now try designing a few of your own – what information do you think should be on them? Should they have images/drawings?



Design your own herb garden!

