



## Materials

- Blindfolds
- Fresh herbs (we chose: rosemary, thyme, and mint)
- Pencil
- Worksheet or journal

# POETRY IN THE GARDEN

Lesson by Ayn Corrigan (Urban Agriculture Education Coordinator with the Inter-Faith Food Shuttle and FoodCorps North Carolina alumni with the Down East Partnership for Children

*Time needed: 30-45 minutes*

This lesson will familiarize students with fresh herbs, while encouraging them to think creatively and apply language skills. Students will examine herbs using their sense of touch and smell. Students will be paired together for this activity; they will rely on their partner to record their answers as well as provide them the herbs they will be examining, *Figure 1*.

## LET'S DO IT!

Open up lesson with sharing of a poem (see list of garden poems at the end of this lesson).

Have students partner up; each pair will get one blindfold, and a sprig of each herb

1. One of the pair will be blindfolded first; their partner will hand them each herb and walk them through the questions on the student handout, and record their answers.
2. Added challenge: have the students choose ONE word for the first row (smell), TWO words for the second row (touch), and either a THREE word phrase or THREE separate words for the third row (memory).
3. Added challenge: No repeat words! Students must use different words for each herb and column.
4. Switch partners!
5. Once both students have completed their handouts, they will switch papers and use their recorded information to write a poem.
6. Encourage students to share aloud and offer snaps from the class in support!

## TALK IT OVER

1. What did you think of being blindfolded? Did this help you come up with descriptive words?
2. How can poetry communicate ideas?
3. How can the garden be a space for inspiration?
4. How does being able to communicate your ideas help you in your daily life?



**FIGURE 1** Give youth time to think about descriptive words for herbs.



**FIGURE 2** Herb gardens are a space for sensory exploration.

## VARIATIONS

- Include a recipe so the students will take their work home and share!
- Adapt to a shorter amount of time by:
- Having an entire group close their eyes while facilitator walks around with herb, they open their eyes and record the first word that pops into their minds.
- Pass herb around in a circle, or down a row, record first two words that pop into mind.
- Use those words to record herb's nostalgic value.
- Remember to store herbs separately to preserve their individual scent properties

## ACKNOWLEDGEMENTS

Adapted from the Slow Food USA Good Curriculum

### Student Handout

## POETRY IN THE GARDEN

	Rosemary	Thyme	Mint
What does the herb <b>smell</b> like?			
What does the herb <b>feel</b> like?			
What does the herb <b>remind</b> you of?			