

# HELPFUL HERBS

Explore the Herb Garden to discover plants from around the world that are grown for different uses. Some are known for their health and healing properties; others for use in cooking and making cosmetics; and some have traditional ritual or symbolic uses. Herbs are perfect for growing in small spaces – after your visit today you might be inspired to grow and use some at home.

## Did you know?

The Herb Garden is the oldest garden in the Auckland Botanic Gardens. It was developed in the late 1970s by the Auckland Herb Society. You can find out more about herbs by visiting [www.herbs.org.nz](http://www.herbs.org.nz)

## CHALLENGE 3 – Look for plants to top a pizza

You'll find plenty of pizza toppings in the Herb Garden if you search carefully - look for thyme, rosemary, sage, oregano, basil, parsley, chives and garlic. You'll find olives, chilli and other tasty toppings in the Edible Garden.

Trying growing your own pizza herbs at home - you can even buy pizza-flavoured thyme!



## CHALLENGE 1 – Go on a hunt for herbs

The plants growing in the Herb Garden vary throughout the year but see if you can find the following herbs and match them with the correct traditional uses.

- |                                     |   |
|-------------------------------------|---|
| <input type="checkbox"/> Oregano    | <input type="checkbox"/> Used to make perfume               |
| <input type="checkbox"/> Heliotrope | <input type="checkbox"/> Can repel pest insects             |
| <input type="checkbox"/> Fennel     | <input type="checkbox"/> Used to heal wounds                |
| <input type="checkbox"/> Bay        | <input type="checkbox"/> Given at weddings and funerals     |
| <input type="checkbox"/> Rosemary   | <input type="checkbox"/> Made into crowns in ancient Greece |



## Did you know?

A 'bouquet garni' is a bundle of herbs tied together and added to soups and stews.

## CHALLENGE 4 – How many different types of mint can you find?

Look for mint varieties (labelled *Mentha*) – there should be 8.

Rub the leaves gently to discover their different scents.

Grow mint at home to make refreshing ice-blocks or a smoothie.

Mint goes well with lemonade, apples, strawberries and chocolate.

For a simple hot drink add mint leaves to hot water to make tea.



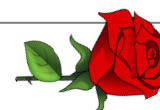
## CHALLENGE 2 – Explore with your sense of smell

Many herbs have a distinctive scent when you rub their leaves or smell their flowers. Please don't pick the leaves or flowers in our gardens – touch them gently so other visitors can enjoy them too.

Which one had your favourite smell? You could make your own scented sachet at home: Pick flowers or leaves with a strong scent then hang or lay them somewhere warm. When dried, place them in a piece of muslin or cotton cloth and tie with ribbon.



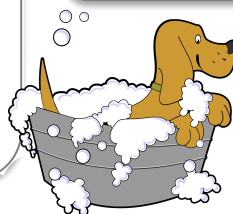
## CHALLENGE 5 – Roses are red, violets are blue...



Roses have been used to symbolise love for centuries. Investigate the different roses in the Herb Garden then write a poem for someone you love on the back of this page.

## Did you know?

The essential oils of lavender, peppermint and fennel are used in soaps for dogs to deter fleas and remove smells!



AUCKLAND  
BOTANIC GARDENS  
Where ideas grow