



Program Planning

Library: Fairport Public Library

Title of Program or Event: Take-a-Walk/ Herb Book **Age level:** all ages

Description of Activity: Children will explore a variety of herb plants. Children will have the opportunity to “pinch” favorite herbs to place in their own recipe book. After we have explored herbs at the library, we will walk over to the Fairport Historical Museum to see their outdoor herb garden.

Objectives / Goals: This program is educational and fun for the whole family. It encourages youth to learn about herbs that grow in nature and how we use them to flavor our foods and many other uses. The recipe book is to encourage families to go home and try some of the recipes themselves. Recipes included were easy, allowing children to complete them with little assistance.

Suggested setting: Library community room

Time required: two hours

Materials and Staff needed: homemade herb book with recipes (examples of pages attached), Ziploc bags, stapler, a variety of common herb plants that grow in your area (in portable planters), index cards and popsicle sticks (to identify each herb), crayons, markers, scissors. Staff: Library consultant and one or two teen volunteers (as needed.) Parents are encouraged to participate.

Advanced Preparation:

1. Notify museum of our planned visit. (The gardens are outside so museum did not have to be open.) A local gardening group keeps the gardens weed free and neat. We contacted their representative to let them know we would be coming to visit their gardens.
2. Pull herb books for display
3. Gather live herbs. (A local list group from yahoo groups.com was contacted. The group “recycles” items free. An email was sent informing members of our event and our need for common herbs locally grown. Several members donated a variety of herbs for this event. Arrangements were made to pick the herbs up. The group name is called “recyclerochester@yahoo groups.com”)
4. Design, copy, and staple herb cook book.
5. Set up room: Herbs were placed on a table for easy access. Materials for herb cookbooks were located on another table with chairs.
6. Permission slips for parents to sign, allowing children to walk to the gardens with library staff.

Procedure:

1. Children signed in and parents were asked to sign permission slips. Parents were encouraged to join us. (Two parents stayed.)
2. Talk about different kinds of herb plants we had on hand.
3. Answer gardening questions from participants.
4. Help children gather clippings of the herbs they want for their cookbooks.
5. Assistance was needed in stapling Ziploc bags onto the pages. Children wrote the names of the herbs and colored their pages.
6. Children were gathered to “walk” to the gardens. Safety ground rules were established before leaving the library.
7. At the gardens, various plants were identified. (Gardening club had each herb identified with a plant marker.) Children were encouraged to explore. We stayed about 20 minutes.
8. Returned to library to gather personal belongings and returned children to their parents.

Modifications: The talk was very informal so children could walk around the room. Children worked at their own paces. (Some herbs were tasted). Assistance was given in writing the herb name in the books if needed. Adults cut the herbs and stapled bags into the cookbooks.

Evaluation: Eight children registered. Six participated. Two parents stayed. Two children with disabilities attended the program. One parent suggested offering this program as a “mother child” program (because the moms were more interested in learning what each herb is used for than the children were 😊). The children really enjoyed putting together their books. They enjoyed the walk to the gardens but we found keeping their attention at the gardens was difficult. This event could easily be done in only the library setting with a variety of potted herbs.