

4-H Herbs – Level B (Grades 5-6)

Record Sheet



Record for Year _____

A completed record sheet is due by the last business day of June to exhibit each project at the fair.
Use any 4-H publications, the internet, the library, or a professional to help you prepare your responses.

The Basics

Name _____ 4-H Club _____

Years in 4-H _____ Grade _____ Years in Project _____

Digging In

When should herbs be harvested for cooking with a recipe that calls for fresh herbs? _____

List edible herbs you can grow and how you would use them in the kitchen.

Herb	How you would use it

List four of your favorite foods and any herbs they may have in them.

Food (ie. stuffing or dressing)	Herb (ie. sage, thyme, and parsley)

Name an herb that is sometimes paired with lemonade: _____

Watching it Grow

Even though you may not exhibit all of your herbs, list the herbs you are growing this year.

Describe where you grow your herbs as it relates to temperature, light, moisture, and location. _____

Where did you purchase your seeds and/or plants? _____

We do not necessarily care what you spent on your garden this year, but it is good for you to understand that things have a cost. Even poster boards are not free. Approximately how much do you think you spent or will spend planting, tending, and harvesting your garden this year? Circle one.

\$0.00-\$5.00 \$5.00-\$15.00 \$15.00-\$30.00 \$30.00-\$50.00 Greater than \$50.00

Harvest

List the ingredients of a recipe that contains four or more herbs. _____

What was the most challenging thing about having herbs? _____

What did you like best about having herbs? _____

What's in Your Basket

In what ways do you envision yourself using herbs in the future? _____

Why is this subject matter important to you? _____

What is one thing you learned or sparked your interest as a result of completing this project? _____
