

# Wild at Heart

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Be wild, whatever your age

## Herb Pots for Pollinators

**Growing your own herbs provides a healthy boost for us and a great source of food for insects too. Here's a quick starter guide but try out different ones and discover the herbs that you love!**



Herb Pots for Pollinators are designed to provide snippings for the kitchen, to touch and smell in the garden and to flower to provide nectar for a variety of insects. They should be very simple to maintain. Keep them moist and cut back the old stalks in early spring as the new shoots start to emerge.

In the first year only pick a small amount – let them bulk up to fill the pots.

All the plants can eventually be split and put into other pots or sunny spots in the garden or shared with family and friends!

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Suggestions to start with:

**Bronze Fennel:** This will grow tall and might be a bit floppy but let it flower to produce beautiful flower heads and tasty seeds.

**Chives:** Take a few snippings from each plant and allow the flower heads to set seed. Stalks with flowers will be tough so don't try and eat those!

**Thyme:** Take snippings from the edges of the plant if possible so that the middle has the chance to flower. Fresh thyme tea is a gentle, soothing herbal drink, hot or cold.

**Nasturtiums:** Nasturtiums are fairly carefree, but it's important to keep them watered during dry periods. They do well in containers and have edible flowers that taste peppery, like watercress. All colours and varieties are tasty in salads or as garnishes. Leaves can be eaten and fresh seeds too.

Enjoy!



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