Make Your own Herb Garden!

Creating a garden can be a fun activity in apartments or yards. It’s fun with kids, too! Here’s a step by step guide to help start the perfect garden!

1. Create a raised bed or find fun containers for planting! You can also use up-cycled containers, like coffee cans, or things you find at a thrift shop! You will want a container for many members of this family, like Spearmint (*Mentha spicata*) and Sage (*Salvia officinalis*), because they grow like weeds if not contained!

2. Head to your local nursery or outdoor store and choose your favorite mints! Find ones you like in recipes or ones that smell or look great! Some mints are very difficult to grow from seed, so finding a small plant is recommended.

3. Find the right conditions! While this family has a worldwide distribution, many species we use were cultivated in the Mediterranean, and require at least 6 hours of sunlight and well-drained soil. Start your garden when frost season has ended, as a freeze could kill your plants!
Start your garden! To create well drained soils, you'll want to make sure the growing container has an exit for water (such as a hole). Fill the bottom portion of your container with rocks so soil will not become water-logged, which can rot your roots.

Once you’ve planted your new plants, water them daily, or as directed, and feel free to pull leaves or cut stems from the top of your plant when you’re ready for cooking!