**Workshop Title (time length of class)**

**Gardening with Edible Flowers - Lesson Plan Template**

**Purpose**

* Participants will get a taste of gardening as a self-care tool by engaging in an activity that activates the senses.

**Description**

* Plant a container with edible flowers to use in culinary exploration and gardening as a self-care tool.

**Materials**

* Edible flowers in pony packs
* Gloves
* Soil
* Mixing tub for soil
* Water and watering can or squirt bottle
* Pot
* Coffee filter for bottom of pot
* Sticks to label plants

**Procedure**

* Select up to 4 plants
* Explore the plants, noticing their texture, scent, taste, appearance
* Prepare container by covering holes with filter
* Moisten soil and mix
* Fill container about 2/3 full of soil
* Plant 4 small plants, spacing equally around pot
* Fill in container with soil
* Water
* Discuss plant care

**Wrap-up – (time needed)**

* Thank everyone
* Pass out (and collect) evaluations
* Pass out handouts

**Cleanup**

Plant ideas:

* Violets,
* Borage blossoms
* Hibiscus
* Lavender
* Pansies
* Roses
* Sage flower
* Zucchini blossoms