



KIDS HERBALISM

HERBS - GARDEN - KITCHEN - OUTDOORS  
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# ACTIVITY Guide

## Frozen Herbal Suncatchers with Brown Botanical Adventures supplies


- Ice trays, silicone molds, cups or bowls
- String or twine
- Water
- A freezer OR outdoor weather 32 degrees or below
- Fresh flowers & plant materials from the garden, or the kitchen!  
Examples we love—fresh herbs: basil/ mint  
Berries: hawthorne, elderberry, beauty berry or sumac—fresh fruits: sliced citrus, raspberries, etc
- Fresh flowers
- Dried herbs from the kitchen

## instructions

- After collecting your ingredients set up your tray or silicone molds and begin to add the decorative plant materials.
- Add water to cover plant materials
- Add a string long enough to tie on a tree branch outside
- Place in freezer or outdoors until frozen
- Remove from mold Tie from tree branch and enjoy!

Photo Credit: Molly Meehan Brown  
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