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ECOLOGY NORTH



SEED KIT INSTRUCTIONS

1. Fill your pots with the soil provided.
2. Place seeds on the surface of the soil and sprinkle a little bit of soil over top of them. Just enough to cover them. (The seeds are very tiny, be careful not to lose them!)
3. Soak the soil and keep it wet for the first 3-4 days. After that, water 2-3 times per week.

Chamomile and mint are both relatively easy-care herbs. Mint prefers partly shady locations. Chamomile grows well in partly shady or full sun conditions.

You can use both of these plants to make tea. Mint is delicious in your cooking. Enjoy the smell of the chamomile flowers.

Harvesting:

Chamomile Flowers should be harvested on a clear morning before the heat of the sun. Using scissors, pick the opened heads carefully. Spread on paper in a cool, dry, airy place. After the heads have become papery, store them in an airtight jar.

Mint can be harvested as soon as it comes up – young tender leaves are tastier than older ones.

photos sourced from Vesey's Seeds



Mint



Chamomile