

FACTSHEET

Have you enjoyed learning all about growing your own herbs? Discover even more with these fun herb facts

WHAT CAN YOU SMELL?

Herbs have so many wonderful scents. Let's take a look at a few of our favourites



Basil

Smells a bit like liquorice sweets and tastes great sprinkled on pizza



Mint

Smells cool and refreshing, like a breath of fresh air

Rosemary

Has a strong and piney scent, perfect for winter soups



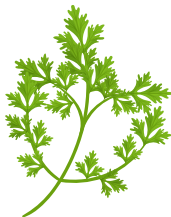
Lavender

Has a sweet and calming scent, perfect for helping you drift off to sleep



DID YOU KNOW?

Some people have a special gene that makes coriander taste like soap



Coriander

The seeds smell warm and spicy, while the leaves have a citrus scent

BACK IN THYME

Let's travel back in *thyme* and discover unusual uses people had for herbs throughout history



History of herbs

Humans first started using herbs around 60,000 years ago



Ancient Egyptian herbs

In Ancient Egypt, basil was used in the mummification process

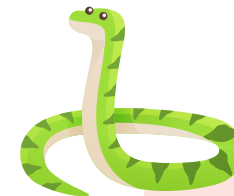
Roman herbs

The Romans believed rosemary could improve memory and keep them young



DID YOU KNOW?

Some cultures burn sage during ceremonies to cleanse the air and spread wisdom



Ancient Greek herbs

The Ancient Greeks used sage to treat ulcers and snake bites