



SEED SCHOLARS

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Growing Together with SEED SCHOLARS

Session 5: Regrowing Store-Bought Food -- Rosemary and Thyme

Wild Plant Spotlight: Silverweed and Speedwell

Follow-Up Resource Links

Topic	Link	Notes
Thyme Recipes	https://www.epicurious.com/ingredients/our-best-thyme-infused-recipes-gallery	Assortment of thyme-infused recipes
Rosemary Recipes	https://www.theguardian.com/lifeandstyle/2014/mar/08/10-best-rosemary-recipes	10 ways to use rosemary in cooking
How to Re-grow Thyme	https://www.youtube.com/watch?v=TUOe_VDVgaE	Video tutorial -Note: You do not have to put a dome over it - just in a sunny window will work!
How to Re-grow Rosemary	https://www.youtube.com/watch?v=YSPgyy95Ls	Video tutorial -Note: You do not need to use rooting hormone powder if you don't have it - it should work anyways!
All About Silverweed	https://www.irishexaminer.com/lifestyle/outdoors/nature-table-silverweed-430356.html#:~:text=Silverweed%20is%20a%20well%2Dnamed,sometimes%20become%20a%20garden%20weed.	Fun facts

	http://www.wildflowersofireland.net/plant_detail.php?id_flower=239&wildflower=Silverweed	
All About Speedwell	http://www.wildflowersofireland.net/plant_detail.php?id_flower=248&wildflower=Speedwell,%20Germander http://www.irishwildflowers.ie/pages/145a.html https://www.wildlifetrusts.org/wildlife-explorer/wildflowers/germander-speedwell	Fun facts



Seed Scholars is a garden and nature-based learning programme, aiming to engage participants in sustainability and climate action through experiential environmental education.