

# Sensory Planting for Children

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## Edible and fragrant Herbs

Lavender	Rosemary	Thyme
Sage	Dill	Basil
Curry plant	Lemon grass	Oregano

Lemon Balm - spreads everywhere so best in pots!

Catmint- spreads everywhere so best in pots!

Garden mint – spreads everywhere so best in pots!

Chocolate mint - spreads everywhere so best in pots!

## Edible flowers

Nasturtiums	Sweet Viola	Chamomile
Calendula	Wild primroses	Wild garlic
Dianthus	Borage	Chives
Rocket	Cornflower	
Sunflower	Chicory	Coriander

Honeysuckle – good for jams and jellies – smell beautiful too!

Rose – good for jams and cakes!

All of these bring bright and stunning colour to the sensory garden as well as being great for colourful salads!

## Fruit and vegetables – simple and low maintenance – colourful and yummy!

Raspberries	Strawberries	Blackberries
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All of the above do spread and grow easily! So plant in big pots or planters or keep on top of pruning them back!

Tomatoes

Runner beans

Peas – can eat flowers too

Broad Beans – can eat flowers too

Butternut squash

Courgettes – can eat flowers too

## **Plants that are interesting to touch**

Heather – Springy and soft and bees love this too!

Aloe Vera – Spiky so only with care – also useful for minor wound dressing!

Ferns – Fronds feel lovely and valuable shade and habitat for insects.