

Kid's corner

Lavender Wands and Cupcakes

Lavender is a popular herb plant which has been grown for centuries for its fragrant aroma and medicinal properties. Not only does it smell really good but it can be used in so many different ways. It's a great plant to have in your sensory garden and is a rich source of nectar for your visiting insects, such as native and European bees, butterflies, moths and beetles.

You can use it in your play dough or slime mixture to make it smell great. Try pushing it into the play dough to make impressions. Pop it into bags and put it into your clothes drawers to keep them smelling wonderful and fresh and to keep those pesky clothes moths at bay. You can also make honey and lavender cupcakes if you're up for a challenge. See the recipe below.

How to Make a Lavender Wand (Ages 8 and above)

What you will need

Freshly picked lavender (the best is English lavender, but I have used other varieties to make wands)

Two meters of ribbon

Scissors

Cut your lavender from the bush. It's easier to use freshly cut lavender as it doesn't break.

Strip the odd bits of lavender and leaves from down the stem.

Bunch an odd number of stems together, 5, 7 or 9 and tie them together with the ribbon.

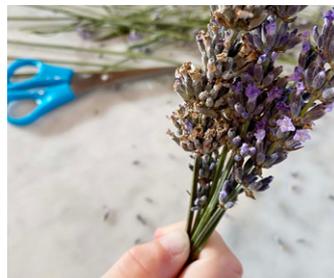
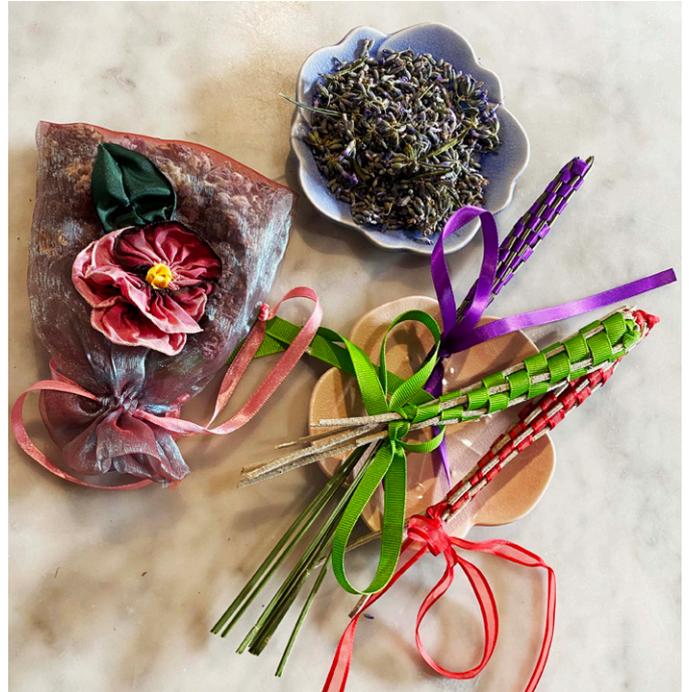
Bend the stems back over the lavender heads, spread them evenly. The flowers will be inside the stalks now.

Using the long length of ribbon, weave a circle around the stems, over, under, over, under.

Pull the ribbon tightly and continue to weave your ribbon in the same direction.

You may need to poke some of the lavender in as you go around or cut a little off.

When you have finally covered the lavender, you can tie it off with a knot and finish with tying a bow.





Basic slime recipe

1. Put 1/2 cup shampoo and 1/4 cup of cornstarch in a bowl.
2. Mix well.
3. Add 3 drops of food coloring (optional).
4. Add 1 tablespoon of water and stir. Slowly add 5 more tablespoons of water, stirring well after each one.
5. Add Lavender
6. Knead the slime for around 5 minutes

How to Make Lavender and Honey Cupcakes

Recipe from - childsplayabc.wordpress.com

- 100g softened butter
- 80g castor sugar
- 1 egg lightly beaten
- 100g self raising flour
- teaspoon of baking powder
- 1 hand full of fresh washed lavender flowers or leaves (child's hand)
- 2 - 3 tablespoons of honey

Pre heat oven to 180degreesC / 340degreesF

First place the butter into a saucepan and carefully melt it on a low heat. Add in the sugar and stir until dissolved then add in the honey and lavender flowers or finely chopped lavender leaves. Remove the mixture from the heat and leave to cool for ten or so minutes. Once the mixture is cool you can beat the eggs and add them to the mixture. Finally pour the flour into a mixing bowl and slowly stir the mixture into the flour. Stir by hand or use an electric whisk till you have smooth consistency.

Pour the mix into cupcake cases (don't fill to the top as the mixture rises quite a lot) and place in the oven for 15 minutes or until the cakes are golden brown. Leave to cool and then enjoy as they are or decorate with lavender flowers and or icing.

We hope you enjoy making your lavender wand and cup cakes! We would love to see what you do so don't forget to send in your photos of your creations to operations@opengardensvictoria.org.au