

Basil Planting Activity



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What you need:

- Seeds
- Pot or cup with a hole in the bottom
- Soil / dirt



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Add soil into the pot.



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Place seeds in soil, 1 inch apart. Sprinkle with more soil. (1/4 inch)



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Water plant and place outside or in a sunny window.



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Make sure your seeds stay damp until the sprouts are 1 inch tall.

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After plants grow to 1 inch, water about 1 cup per week, allowing the soil to dry in between watering. The amount of sun the plant gets will determine watering needs.

Transplant to larger pot if the plant fills more than 1/2 of the pot.



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Lemon Basil Fizzy Water

Ingredients

Simple Syrup* Recipe

- 1/2 cup water
- 1/2 cup granulated sugar

*If using liquid stevia, skip the simple syrup ingredients.

Spritzer recipe:

- 3 leaves fresh basil
- 2 lemon wedges
- 2 tablespoons freshly squeezed lemon juice
- 2 tablespoons simple syrup or 4-5 drops liquid stevia
- 3/4 cup cold sparkling water
- Basil leaves or lemon wedges for garnish

Instructions

1. To make simple syrup: place water and sugar in a pot and bring to a boil, lower and simmer for 6 minutes. Allow to cool. If using liquid stevia, skip this step.
2. To make drink: place a few basil leaves and 2 lemon wedges in bottom of glass, muddle, crushing the lemon wedges and basil together.
3. Add lemon juice and either simple syrup or stevia drops, and muddle more. Then pour cold sparkling water into a glass.
4. Add a few ice cubes, and garnish with additional basil and lemon wedges if desired.