

Easy Herb Butter

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LESSON SUMMARY

In this lesson, students will learn how to make butter from scratch using herbs collected from their school garden.

LESSON OBJECTIVES

Students will be able to:

- Identify edible herbs from their school garden.
- Follow the procedures and instructions from a recipe.
- Make homemade butter!

ASSESSMENTS

Students will:

- Identify and gather herbs from the garden.
- Summarize their role in the butter-making activity.

MATERIALS

- 3-4 clean glass jars (any 12-16 oz. Jars will work)
- 1/2 pint heavy whipping cream
- mixed garden herbs (parsley, cilantro, thyme, basil and mint, etc)
- Pinch of salt

BEFORE YOU BEGIN

Take the cream out of fridge an hour or so before to let it get to room temperature.

PROCEDURES

1. Gather the students and ask them where they think butter comes from.
2. Take the students for an herb walk, identifying and taste-testing the herbs from the garden.
3. Show students how to pinch a **sprig** of each herb and head back to the gathering area to make butter!
4. Have students pick off the leaves from the herb sprigs and **mince** the herbs into small pieces. They can use scissors or plastic knives for this task.
5. Pour the cream evenly into a few jars, each jar should have room to shake the cream.

6. Add the herbs (leave one plain if you'd like) and a pinch of salt.

7. Put lids on lid and shake, shake, shake. As the kids are shaking, make sure to remove the lid often to observe what is happening inside. At one point you will see that the whipping cream has become fluffy. It has turned into whipped cream! If you taste it, it won't taste like whipped cream, however, because there is not sugar in it. Eventually it will sound as if the whipped cream has turned back to a liquid.
8. Option to liven things up: Sing the "Butter Boogie" (the Hokey Pokey song with the refrain, "You do the butter boogie and you turn yourself around" and after each line say "switch" and have the students pass the butter jar to another student.
9. When butter forms (10-12 minutes of vigorous shaking), pour off liquid (it's "buttermilk" so taste this, too) and spread your homemade butter on crackers or bread. Yum!!