

Grandma Firefly's Global Herb Adventure



Hi, I'm Grandma Firefly!
Herbs are like tiny green
superheroes that make food
yummier, help our bodies feel
better, and even smell amazing.
Today we're going on a herb
adventure around the world!



- Cool Facts
- Fun things To Do
- Herbs Around the World
- Gardening Guide
- Make a Dream Pouch
- Talk to Your Plants
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**For ages 7-9
and curious hearts
of all ages**

What is an Herb?

An herb is usually a leafy green plant (or part of a plant) that people use to make food taste better, help the body feel good, or smell nice. Some herbs are leaves, some are flowers, and sometimes people use roots or seeds too. Herbs are like little gifts from nature!

Herbs are like tiny green superheroes that make food yummier, help our bodies feel better, and even smell amazing. Today we're going on a herb adventure around the world!

Cool Herb Facts You Might Not Know

Basil – The "happy herb." It can help lift your mood and smells like summer pizza!

Mint – Grows like crazy and can help your tummy feel calm after too much ice cream.

Rosemary – Memory helper! Ancient students used to wear it in their hair during tests.

Lavender – The chill-out herb. A little in a pouch under your pillow = sweeter dreams.

Cilantro – Some people love it, some think it tastes like soap (it's genetic!).



Fun Things to Do With Herbs (These are easy, silly, and magical!)

- **Herb Ice Cubes** – Put fresh mint leaves or lavender buds in ice trays, fill with water, freeze, and pop them into lemonade or sparkling water for a fancy "magic drink"!
- **Smell & Guess Game** – Blindfold a friend (or yourself!) and let them sniff different herbs. Can they guess basil, rosemary, or mint? The one who gets the most right wins!
- **Pizza Herb Mix** – Dry your own basil + oregano and sprinkle on homemade pizza. Your friends will think you're a chef genius.
- **Dream Pillow / Sleep Pouch** – Make a tiny fabric pouch with dried lavender (instructions on page 4). Tuck it under your pillow for sweet dreams.
- **Herb Bouquet Bouquet** – Pick a few stems of different herbs, tie them with ribbon, and give them to someone as a "thank you for being awesome" gift.
- **Herb Painting** – Crush fresh herbs on paper with a rolling pin to make natural green "paint" prints. Super pretty and smells amazing!



Herbs from Around the World – Meet the Global Green Team!

Herbs grow everywhere — from sunny Mediterranean hills to steaming Asian jungles and the wide savannas of Africa.

Here are some amazing ones:



Basil

Where it loves to grow: India, Italy, Thailand, and many warm places around the world.

History: Used for over 4,000 years in India as a sacred plant.

How we use it: In pizza, pasta, and Thai curries.

Traditional use: Grown-ups sometimes use it to feel happier and more energetic.



Mint

Where it loves to grow: Almost everywhere! Originally from Europe and Asia.

History: Ancient Egyptians and Greeks loved it.

How we use it: In tea, chocolate, and fresh lemonade.

Traditional use: Helps calm upset tummies (like after too much candy!).



Rosemary

Where it loves to grow: Mediterranean countries (Italy, Greece, Spain).

History: Used by ancient Romans to remember important things.

How we use it: In roasted potatoes and bread.

Traditional use: Grown-ups use it to help with memory and clear thinking.



Ginger (Asia & Africa)

Where it loves to grow: India, China, Nigeria, and many tropical places.

History: Used for over 5,000 years in China and India.

How we use it: In stir-fries, cookies, and spicy tea.

Traditional use: Grown-ups drink ginger tea when they feel queasy or cold.



Turmeric (India & Southeast Asia)

Where it loves to grow: India, Indonesia, and parts of Africa.

History: Called "Indian saffron" and used in sacred ceremonies for thousands of years.

How we use it: In golden milk, curries, and rice.

Traditional use: Grown-ups sometimes use it to help with swelling or to keep the body strong (always ask an adult first!).



Lemongrass (Asia & Africa)

Where it loves to grow: Thailand, Vietnam, and many parts of Africa.

History: Used for centuries in Asian cooking and African healing traditions.

How we use it: In soups, teas, and Thai dishes.

Traditional use: Grown-ups use the tea to feel refreshed and calm.



Moringa (Africa & India)

Where it loves to grow: Africa, India, and tropical areas.

History: Called the "Miracle Tree" because almost every part is useful!

How we use it: Leaves in smoothies or tea.

Traditional use: Grown-ups have used it for a very long time to feel strong and healthy.

Grandma Firefly's Super Easy Herb Garden Guide

(Start inside or outside — it's all growing magic!)



Choosing Your Pot or Planter

- Most herbs like a pot that's 8–12 inches deep and at least as wide.
- Basil, mint, cilantro → 8–10 inches deep
- Rosemary, thyme, lavender → 10–12 inches deep (they like a little more room)
- Make sure the pot has drainage holes in the bottom so the roots don't drown!



Soil & Sun

- Use good potting mix (not heavy garden dirt).
- Put your herbs in a spot with 6–8 hours of sunlight every day (a sunny windowsill or balcony works great).



Watering – The Easy Way to Know

- Stick your finger in the soil. If the top inch feels dry, give them a drink.
- Mint and basil like to stay a little moist.
- Rosemary, thyme, and lavender like to dry out between waterings (they're tough little desert friends).



Harvesting Tips

- Snip leaves or stems with scissors anytime the plant is big enough.
- The more you cut, the more it grows!
- Always leave at least 1/3 of the plant so it stays happy.



How to Dry Your Herbs

- Pick stems in the morning when they're fresh.
- Tie them in small bundles with string.
- Hang them upside down in a dry, airy place (away from direct sun) for 1–2 weeks until they feel crispy. (Or put them on a baking sheet in the oven on the lowest setting with the door cracked open for a few hours.)



START YOUR OWN
MINI HERB GARDEN!



How to Make a Dream Pouch



- Cut a small square of pretty fabric or use an old handkerchief.
- Place 2–3 tablespoons of dried lavender buds (or a mix with mint or rose petals) in the center.
- Gather the corners and tie tightly with ribbon or string — or sew it shut like a tiny pillow.
- Say "Thank you for sweet dreams!" and tuck it under your pillow or in a drawer.

Talk to Your Herbs — It Really Works!

Scientists have proven that plants feel vibrations from our voices! When we talk nicely or sing to them, many plants grow stronger, make more chlorophyll (their green food), and even fight off bugs better.

Studies from the Royal Horticultural Society and others show positive words and gentle sounds help plants thrive.

So go ahead — tell your basil how beautiful it's growing. It's listening!



Grandma Firefly's Challenge:

Plant one herb this week and watch it grow.

Take a photo and share it with us at

KaiDolphin.fun/Splash-Spotlight



Visit KaiDolphin.fun

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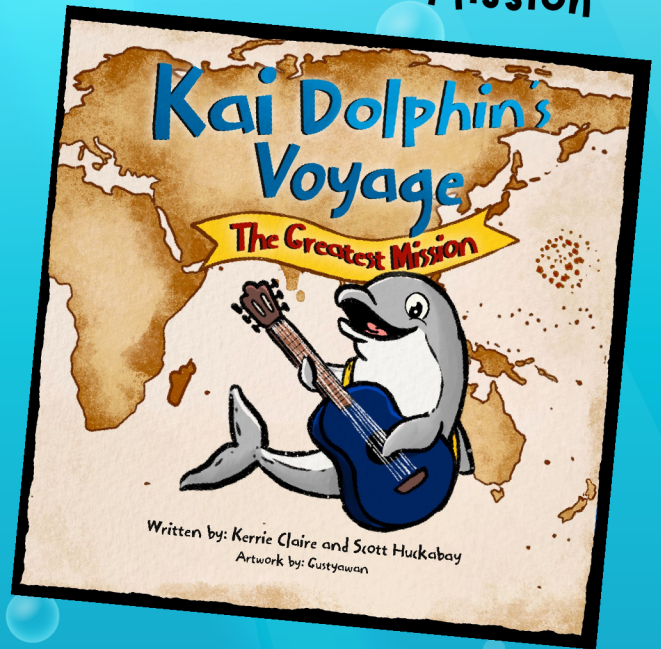


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