

## Investigation 3: Drying herbs



### How to dry herbs:

- Harvest your herbs as stems with lots of leaves;
- Remove any leaves that look dry or shrivelled;
- Rinse off any dust, dirt or insects and gently shake dry;
- Tie the herbs in bundles of 4-6 stems using a small elastic band or a piece of string;
- Punch several holes in a paper bag and label the bag with the name of the herb;
- Put the bunch of herbs in the bag leaves first;
- Gather the ends of the bag around the bundle of stems and tie closed;
- Hang the bag in a warm airy room: and
- Check the herbs every week until they are dry.

### The science explained:

Fresh food goes off because microbes in the food cause decay. Microbes need warmth, moisture and nutrients to grow and multiply. A good way to stop microbes from growing and multiplying is by removing the moisture by drying the food. Naturally dry foods such as sugar, flour, raw rice and raw pasta do not go off quickly because there is no moisture for microbes. Drying fruit and vegetables allow us to keep them for a long time without them spoiling.

