

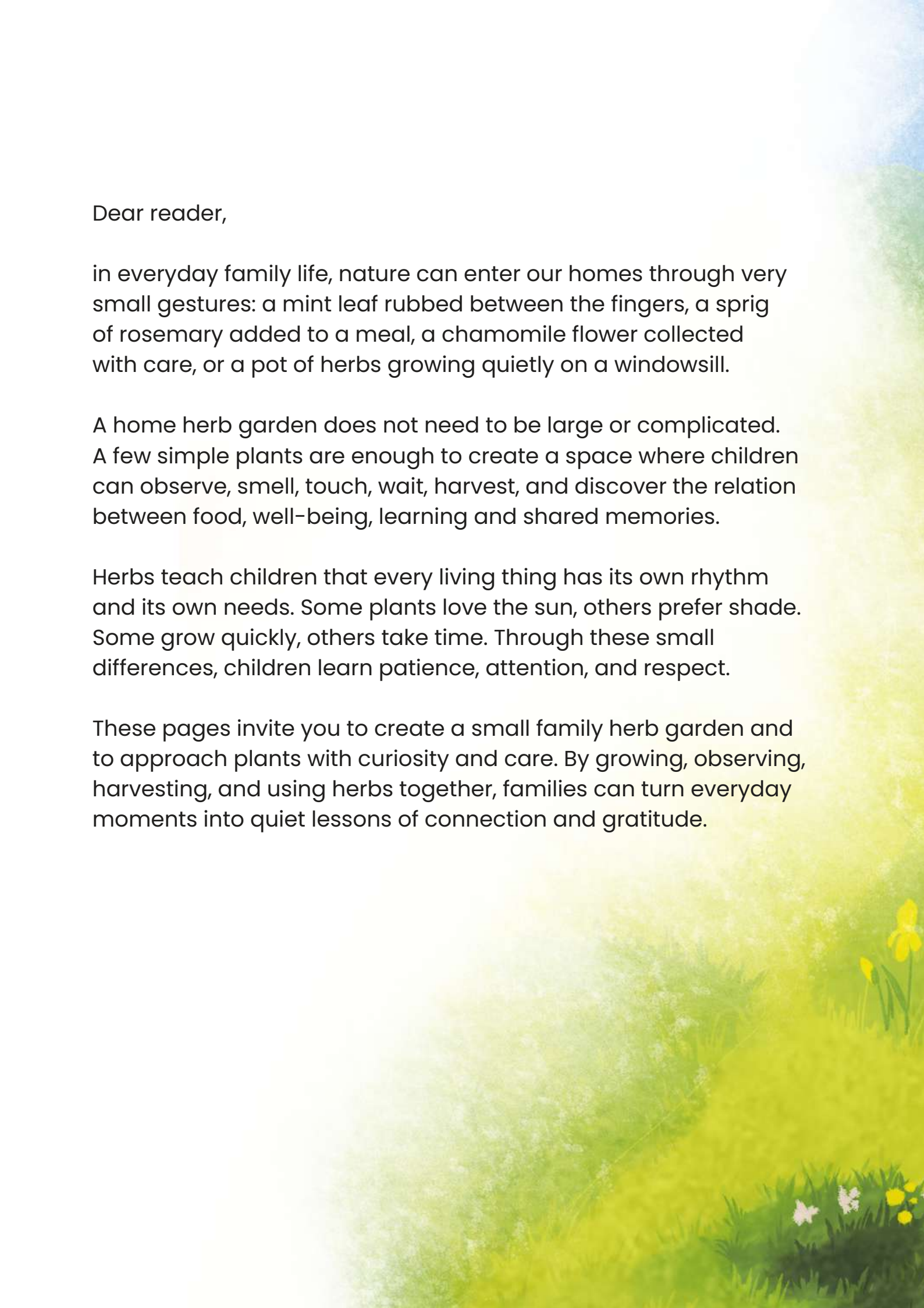
THE NATURE SISTERS

Medicinal herbs

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Dear reader,

in everyday family life, nature can enter our homes through very small gestures: a mint leaf rubbed between the fingers, a sprig of rosemary added to a meal, a chamomile flower collected with care, or a pot of herbs growing quietly on a windowsill.

A home herb garden does not need to be large or complicated. A few simple plants are enough to create a space where children can observe, smell, touch, wait, harvest, and discover the relation between food, well-being, learning and shared memories.

Herbs teach children that every living thing has its own rhythm and its own needs. Some plants love the sun, others prefer shade. Some grow quickly, others take time. Through these small differences, children learn patience, attention, and respect.

These pages invite you to create a small family herb garden and to approach plants with curiosity and care. By growing, observing, harvesting, and using herbs together, families can turn everyday moments into quiet lessons of connection and gratitude.

Medicinal herbs

Beside the farmhouse kitchen, Mum carefully waters the plants while Gaia writes tiny wooden labels with a pencil.

Gea rubs a mint leaf between her fingers and smells it happily while Arturo rests nearby in the shade.

"Mmm... this one smells fresh!" Gea says excitedly.

"That is mint," Mum explains with a smile. "We use it in teas, water, and sometimes even in desserts."

Gaia looks thoughtfully at the different pots.

"Why do we grow so many herbs near the house?"

"Because herbs are part of everyday family life," Mum says softly. "They can flavour food, perfume the air, attract pollinators, and help us care for ourselves in simple ways."

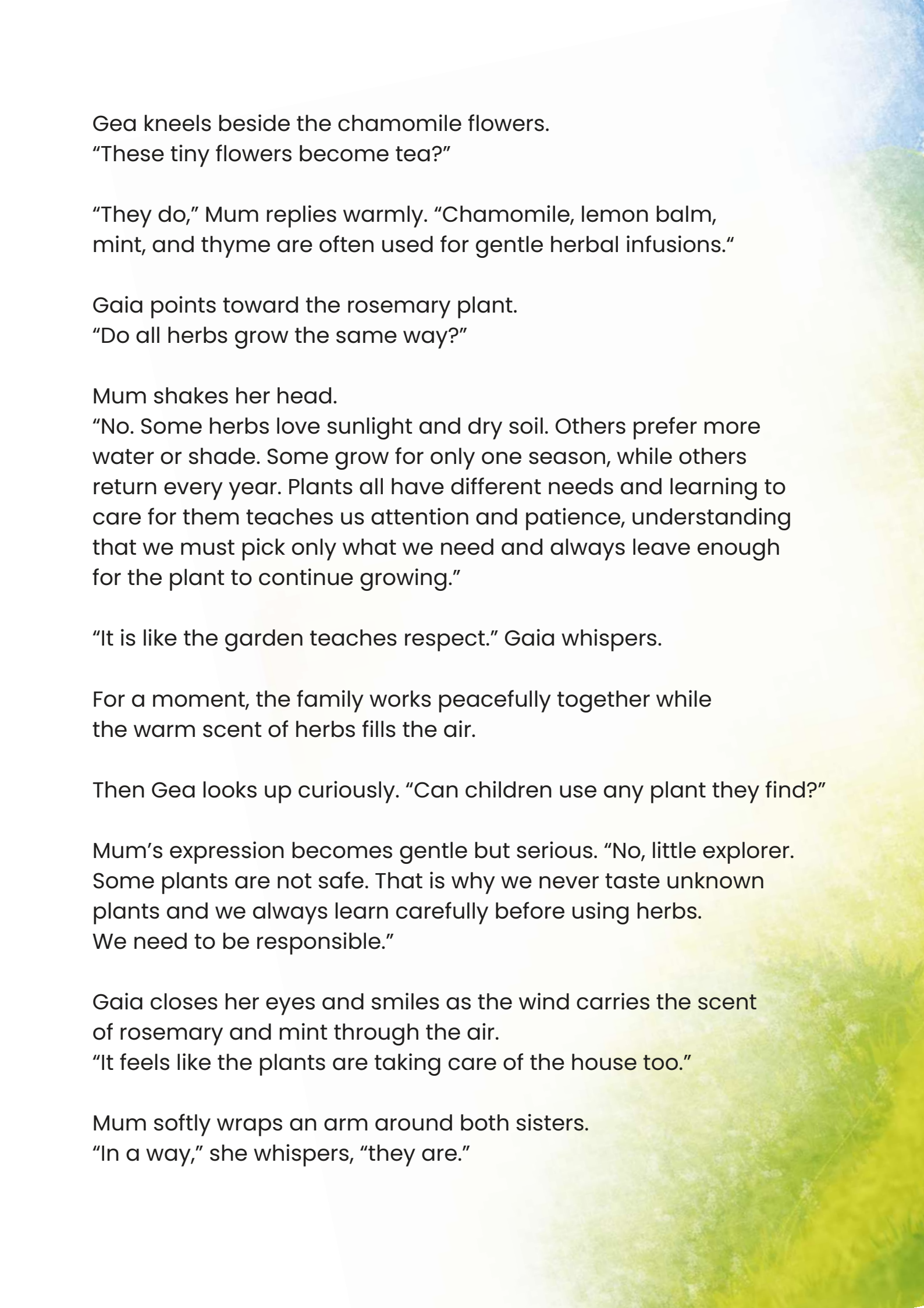
She looks at Gaia's curious eyes and continues.

"Some are called medicinal herbs because people have used them for a very long time to make people feel better, always with care and knowledge."

Gaia's eyes light up with interest.

"So plants have its own special qualities" she says thoughtfully. "Like a little secret to discover."

"Exactly," Mum replies. "That is why we learn about them slowly and carefully."



Gea kneels beside the chamomile flowers.

"These tiny flowers become tea?"

"They do," Mum replies warmly. "Chamomile, lemon balm, mint, and thyme are often used for gentle herbal infusions."

Gaia points toward the rosemary plant.

"Do all herbs grow the same way?"

Mum shakes her head.

"No. Some herbs love sunlight and dry soil. Others prefer more water or shade. Some grow for only one season, while others return every year. Plants all have different needs and learning to care for them teaches us attention and patience, understanding that we must pick only what we need and always leave enough for the plant to continue growing."

"It is like the garden teaches respect." Gaia whispers.

For a moment, the family works peacefully together while the warm scent of herbs fills the air.

Then Gea looks up curiously. "Can children use any plant they find?"

Mum's expression becomes gentle but serious. "No, little explorer. Some plants are not safe. That is why we never taste unknown plants and we always learn carefully before using herbs. We need to be responsible."

Gaia closes her eyes and smiles as the wind carries the scent of rosemary and mint through the air.

"It feels like the plants are taking care of the house too."

Mum softly wraps an arm around both sisters.

"In a way," she whispers, "they are."

Spring

Book 1 – The synergistic garden

Book 2 – Honey and officinal herbs

Book 3 – The fruits of our work

Book 4 – The colours of the farm

Book 5 – An idea is born

