



## iMOtion - Framing Informal Moments in Trainings Projekt No: 2021-1-IT02-KA210-ADU-000034106

### Ideas for framing „informal moments“ in adult education:

#### Input: „Grow and Flow“ (an example of giving a gift in adult education)

##### Introduction:

One way to frame an informal moment during structured training activities is to give your learners a small gift before, during or after the training. A gift is something the learner can enjoy in their spare time. It might as well offer a topic to talk about during breaks and hereby support introverted people to mingle and engage in small talk if they feel to do so. In this input we suggest **plant seeds** as a gift. Seeds can also be sent by letter in case your training will be held online. Seeds are low-priced and can easily be divided evenly among smaller and higher numbers of learners. Moreover, all cultures embrace seeds as a positive symbol of life. For centuries seeds have been a valued good that crosses both borders and continents. Seeds and plants can be linked to topics you might touch in adult education, e.g. sustainability, variety, growth, spirituality, potential, ecology, mindfulness, cooking, development, care, long-term planning, patience or resilience... Anyhow, as a trainer you do not need to link your gift to any learning content at all, as this gift is part of the informal sphere of learning.

By its very nature plant seeds are a practical input for trainings held in springtime. The input is particularly suitable for trainings where participants meet repeatedly over a period of time, but this is not mandatory.

##### How to do it:

Buy a variation of different seeds. Make sure to buy some species that are completely non-toxic and easy to grow on the balcony or in the kitchen window, as not every participant will have access to a garden. This applies to many culinary herbs, which can be used for cooking. They often have a rich oral history connected to their cultivation and use. This might stir curiosity. If you are willing to put some energy into the process, then you could try to mix as many cultural origins as possible. There are many plants that carry a specific cultural heritage and value. The attached example introduces just a small selection of specimen.

Divide the seeds and put them into little envelopes or mini paper bags. Those bags can easily be purchased online. Make sure the participants get different seeds/species and descriptions – this is to encourage exchange and dialogue. You can decorate the envelopes with drawings or stickers. In case you know the names of your learners you can personalize your gift by writing the name on it.

Accompany the seed packets with a short description of the respective plant to support your learners to cultivate the plants. Attached you will find examples of accompanying descriptions.



Enclose a little letter that invites the learners to share and exchange the seeds. For this purpose provide everyone with some additional empty mini paper bags.



#### Please note:

The participants are not obliged to exchange their seeds, to show off their plants or even to sow the seeds. “Informal moments” in adult education are characterized by the absence of tasks, exercises or pressure. Those seeds are an unconditional gift and not linked to any obligations.

#### Benefits:

- a gift adds an extra touch to your training in adult education.
- it supports a welcoming and appreciate learning environment.
- the seeds encourage learners to experiment in their spare time.
- seed offers might speak directly to learners with a naturalistic intelligence who enjoy abilities and activities such as: to identify, classify and change elements of the environment. Many people very rarely have the opportunity to embrace their interest in nature during their learning path and professional career.
- the seeds offer a possibility to start an informal conversation among people that do not know each other and might thus open small-talk opportunities for introverted learners during the training.
- they offer a possibility to keep in touch after the training in case individual planting stories are shared.
- if sowed the plants stay visible reminders of the training experience.
- caring for their plants might invite the learners to reflect on their learning experience long after it was carried out. This is invaluable as many learning outcomes tend to first come to fruition after some time has passed after the actual training. Much like the actual plant they have to grow on the learners.
- all cultures embrace seeds as a positive symbol of life.

Find an example of a “Grow and Flow” input to inspire your your learners here:



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**Ideas for framing „informal moments“ in adult education:**

**Input: „Grow and Flow“  
(example of an accompanying letter)**

**Your little seeds...:**

Dear XY!

In this envelope you will find seeds and some information on a specific plant that has been appreciated and loved by people for its specific taste, vitamins, and healing powers. This plant has been cultivated by humans for centuries and has been transported to different regions and cultures. Seeds come in all different shapes and sizes.

The seed potentially represents life, hope, earthiness, trust and growth. It is the symbol of the center, from which the tree of life grows.

It takes time and patience to plant a seed and wait for the plant to rise and become full in its expression. But, as you all know, the feelings and results of this are astonishing and beautiful. Patiently waiting and witnessing a new life form as it comes to life and reveal its splendor can be very rewarding.

**You can keep the seeds or share them with friends or people you meet on your journey. This is your path to discover your green thumb. Enjoy.**

(signature)



## Input: „Grow and Flow“ (example species and descriptions)



Any non-toxic and fast growing seeds that can be cultivated as a potted are suitable. This applies to many European kitchen herbs (basil, sage, mint, rosemary, thyme, cress) that come in many variations.

During our Erasmus+ project “iMOtion - Framing Informal Moments in Trainings” we shared the following species and descriptions in May 2022 and we harvested as early as July 2022. 😊



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## My botanical name is: *Ocimum sanctum* Tulsi, Holy Basil, Basilic Sacrée, Ka Phrao



Native to Southeast Asia, 30 to 60 cm tall. From the leaves to the seed, tulsi is considered a tonic for the body, mind, and spirit. Tulsi is used in hearty Thai food or as herbal tea together with ginger or green tea. It's spicier than other types of basil.

This sacred plant is often planted around Hindu shrines and in front yards of Hindu houses. The name tulsi means "the incomparable one". It does need warm temperatures. Tulsi's native range is located in a tropical region with an average temperature of 21C degrees Celsius. Grow it outdoors in the summer, but keep it in containers that you can move inside in winter. You can as well keep it indoors as houseplant. To start tulsi from seed, do so indoors. Germination 5-10 days. Giving holy basil plenty of light will ensure large healthy leaves. This plant will tolerate some shade, but anything more than dappled shade and you will notice a decline. You will search the Internet to do everything right, will you?

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## My botanical name is: *Salvia judaica* Holyland Sage



Native to Israel, Jordan, Lebanon and Syria. Woodlands and shrublands, with violet flowers blooming from April–June, up to 60 cm tall. Holyland sage is believed by some Jewish scholars to be the inspiration for the form of the traditional Jewish candelabra (or menorah), it produces a normally seven-flowered flower stalk. Sage has long symbolized wisdom. The fresh, young leaves are used for chicken dishes as cider-braised chicken with apples and sage.

Can be sown at any time, and germination can sometimes be quicker if kept at 15 to 20 degrees. It is a tough, drought-resistant plant. Very attractive to pollinators. Frost-tender, but it does not tolerate wet, very cold winters. You will search the Internet to do everything right, will you?



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## My botanical name is: *Elsholtzia ciliata* Vietnamese Balm, Crested Late Summer Mint, Kinh Giỏi



Native to Vietnam and a standard ingredient in Vietnamese cuisine. Culinary herb for gardens and containers. 30-50 cm tall. A good compliment to beef or poultry dishes and soups.

Fresh in Vietnamese summer rolls, in salads, as a garnish, or put a leaf in tea to add a touch of lemon flavor. Grown as a tender perennial in frost-free areas, and an annual herb elsewhere. Prefers moist soil in sun. You will search the Internet to do everything right, will you?



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## My botanical name is: *Capsicum baccatum* Chili „Criolla Sella“



Native to Bolivia and Peru. *Capsicum* plants originated in modern-day Bolivia and have been a part of human diets since about 7500 BC. They are one of the oldest cultivated crops in the Americas. This variety bears an incredible number of small, but bright yellow-orange fruits that are very aromatic. Up to 1,60 m. The plant offers a double benefit - the pulp has a mild taste like paprika, only if you add the seeds you have a moderate spiciness. It is typically associated with peruvian cuisine and is considered part of its condiment trinity together with red onion and cilantro.

In addition to being a werewolf and vampire deterrent, hot peppers have often been used in witchcraft both to excise demons as well as ill humors from individuals. In many cultures, chili peppers are often seen as a way to ward off the "evil eye." You will search the Internet to do everything right, will you?

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## My botanical name is: *Ocimum basilicum* Basil Zansibar, Mrihani



This variety is the traditionally used basil in Tanzania. The ruffled leaves makes this basil unmistakable in appearance.

In East African cuisine, the fresh or dried leaves are used in curries, pan-fried dishes and, above all, in coconut milk sauces. Annual plant. Germination: 5-14 days. You will search the Internet to do everything right, will you?

1 can of apricots, 1 handful of Zanzibar basil, 1 can of coconut milk, 1 dash of lemon juice.

Drain apricots. Puree with a little apricot juice, but only as much as you need. Put the coconut milk, lemon juice and basil in a blender - mix well and then pour over the apricot pulp. Goes well as a dip with roasted turkey breast or as a dressing for fresh leaf salad.

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## My botanical name is: *Satureja biflora* African Lemon Savory



30cm, this plant is a dwarf semi-woody perennial from East Africa. It has thyme-like leaves with an utmost strong and very pleasant lemon fragrance and taste, and numerous white to pale rose flowers in summer. A lemony herb, which you can also use without restriction for all desserts.

For any rich, well drained substrate in full sun throughout the year. Germination is most successful when started indoors. This subtropical species is not winterhardy! In winter keep plants under frostfree conditions at a minimum of some 10°C with reduced watering. You will search the Internet to do everything right, will you?

## My botanical name is: *Tagetes tenuifolia* „Orange Gem“, Golden Marigold, Lemon Marigold



*Tagetes tenuifolia* is an annual herb sometimes reaching as much as 50 cm tall. Leaves are less than 3 cm long, deeply divided into many small parts. The plant produces many small bright yellow flower heads. The plant's edible flowers can be used as a garnish because of its lemon-like flavor.

The aroma of the leaves and flowers largely corresponds to that of tangerine or tangerine peel. Delicious spice on salads and especially in desserts and fruit punch, hot dessert sauces with wine!

They are both hungry and thirsty plants so fertilize and water frequently. Pinch back tall marigold varieties when young to encourage bushiness and give them a support. Dead-heading of marigold flowers will prolong the blooming season. You will search the Internet to do everything right, will you?



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