

Let's Get Growing!



Healthy Hobby

Nurturing and cultivating their own plants gives children an ownership that will often translate to a willingness to try new fruits and veggies. Gardening promotes a lifelong interest in nutrition.

Gardening is exercise! All that squatting, digging, and lifting leads to calories burned.

How does your garden grow?

It doesn't matter if you live in the north or the south...whether you have green thumbs or black...everyone can be a gardener by choosing one of these options.

Beginner Container Gardening *herbs, tomatoes*

Start simple and work your way up! Plant seeds in paper cups or empty eggshells to send home for families.

Better Square Foot or Raised Bed Garden

Keep it manageable by creating a raised bed garden. Purchase a kit or make your own out of cedar pickets. By keeping it above ground and adding a pre-mixed soil, you'll know the plants will have just what they need).

Beyond Community Garden

Involve the families! Have each child—and you—pick a favorite plant to sow. Involve the kids in the planning process and encourage families to join in after work or on weekends. Reap the rewards. Serve the fruits and veggies when ready or send home with your preschoolers.

Tips for Tots

- Divvy up tasks such as inspecting for unwanted critters, watering, and weeding.
- Make a chart or calendar so everyone gets a turn.
- Add it to your daily or weekly schedule, i.e. Wednesday is watering day.
- Track your progress. Have children draw the plants as they grow. Send these updates home to involve families.