

# Grow a Family Garden!

Gardening offers family fun! In a garden, you can be active, relax, and spend time together.

Growing vegetables or herbs teaches children that plants, like people, need food and water to grow and stay healthy. Caring for plants helps develop responsibility. It also builds self-esteem when kids see what they can grow.



A garden can teach your child about new foods. Kids usually taste what they grow!

## What you need:

- Containers for city gardens: milk and juice carton, empty bleach bottle, dishpan, plastic bucket, fish bowl, bushel basket
- Garden plot: a two-foot plot is big enough.  
Hint : preparing soil is hard for young children.
- Child size tools: watering can, hose, small shovel, old spoon and fork, small rake, digging stick, hoe and spade, sticks to label plant
- Seeds or seedlings (young plants)
- Water from a hose, or watering can
- Soil for container gardens
- Fertilizer: compost, manure, or chemical types



## Easy foods for kids to grow:

- Beets, \*carrots, \*cherry tomatoes, \*collard greens, \*cucumbers, \*green beans, \*herbs, \*lettuce, okra, \*onion, \*peppers, spinach, tomatoes, zucchini.  
*\*This grows easily in a container*
- In windowsill pot: herbs or seeds to replant as young plants in the garden

What would your child like to grow?

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Try them!

**Walk, Dance, Play... Be Active Every Day!**

Adapted from Nibbles for Health: Nutrition Newsletters for Parents of Young Children, USDA, Food and Nutrition Service