

a child's garden

Plant it, Grow it, Eat it!

1. Start with a small garden.

- Create a small garden in your yard, maybe a 4 foot by 4 foot garden spot.
- Dig up the area and move some good dirt into the garden.
- Don't have space in your yard? Plant a garden in pots on your porch or patio.

2. Plant some easy vegetables.

- Plant peas, beans, spinach, tomatoes, cucumbers or lettuce.
- Let your child plant the seeds or plants - roots down!

3. Help your plants grow!

- Remove the weeds from around your plants.
- Let your child dig and rake the soil between the plants.
- Water your plants with tap water or rain water.
- Let your child catch rain water in small pails and pour water over the veggie.
- Add grass clippings on top of the soil, around the plant.
This will help keep the soil moist and warm for the plants.



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