

Plant a garden with your child this spring!

Start small. Plant the vegetables that your family likes to eat. Plant a few tomato plants. Grow lettuce, basil, cilantro or green beans.

Don't have the space for a garden? Grow some vegetables in large pots on your porch, deck or by your front door.

Children can help:

- Dig with a small plastic hoe or shovel.
- Place seeds into a hole.
- Cover seeds with dirt.
- Give water to seeds and plants.



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