



How Kids Can Help in the Garden

Gardening benefits kids' health and well-being as well as their attitudes towards learning and the environment. It captures their interest, gives them a sense of pride in their accomplishments, and introduces them to healthful foods. From helping you to mulch and pull weeds at age 3 to garnering active and engaging connections to science, math, and nutrition as they get older, kids will benefit from the nurturing experience of gardening for years to come.

5 Fruits & Veggies Kids Can Easily Grow

Tomatoes (Seed Packets)

Cucumbers (Seeds Packets)

Carrots (Seeds Packets)

Watermelon

Cantaloupe

5 Easy Ways Kids Can Help in the Garden

Planting

- Put seeds in numbered containers. Mark each section of the garden with the corresponding location.
- Let children dig holes for the seeds. Give them a ruler so they know exactly how far they need to dig down.

Watering

- Use an adjustable water wand on the gentlest setting.
- Demonstrate holding the wand high enough and slowly moving it back and forth to avoid mudslides and puddles.
- Avoid using watering cans until seedlings begin to emerge.

Raking

- Have your kids make a fun design in the dirt with the rake.
- Have a raking race. The first one to make her/his area the smoothest, wins!
- Have your kids see how many different sizes/colors of rocks they can find while raking (this will keep their attention).

Harvesting

- Harvest with kid-size scissors. Using scissors, cut lettuces and greens just above the soil. Also use scissors when harvesting berries or other fruits and vegetables with thin stems.
- Let the kids rinse freshly picked produce to remove the dirt and debris. Use a deep container filled with cleaning water. After you pick each ripe fruit or vegetable, allow them to clean it. Change water when it becomes extremely dirty.

Measuring

- Use a twig, stick, or small branch to "draw" the garden design in the soil.
- Draw the design by sprinkling white play sand.
- Use carefully placed pebbles, gravel, or small stones to create the outlines of your shapes.
- Create markers with each fruit and vegetable labeled on them. Allow your kids to mark where they would like to plant each fruit or vegetable.

