

Gardening With Kids

Planting a garden with kids is a great way for them to get hands-on with nature, improve nutrition and have fun getting messy! Watching a seed sprout to life can be magical.



Benefits of Gardening

- Kids love to feel empowered! Growing food that can be used in their meals gives them a sense of ownership, responsibility and pride.

- Gardening gets picky eaters to try new and healthier foods. Children are more willing to taste new foods if they have a part in growing and harvesting them.



- When gardening, all of a child's senses are engaged--they feel soil in their hands, hear water running, see the seeds sprout, smell and taste the flavors of fresh food.

- Gardening improves fine motor skills. Kids will be picking up small seeds, pulling weeds and gently caring for plants with their hands.



- Gardening teaches patience. Growing from seed to plant can take weeks but is worth the wait!

- Gardening is a science! Families can explore science together while gardening—talk about what plants need to grow and how, when we eat plants, we get the nutrients that they took from the soil and the energy from the sun, so that our bodies can stay strong and healthy!



- Families bond during group activities like gardening. The more hands working together, the easier and more fun it will be.

- Kids can become environmental heroes. When a child sees how much time and effort is needed for gardening, they will be more appreciative of how they get the food on their plates.



- Gardening is an easy way to reduce screen time. Whether inside, or out, kids will be entertained without the use of a television, cell phone or tablet.

