

From Garden to Dinner Plate

To further your child's appreciation of their garden, allow them to help you find a recipe which includes one of their newly harvested vegetables. Let your child help as much as possible with the preparation of the meal.



Gardens with a Theme

Once your child has the knack of gardening, he/she can start experimenting with different theme gardens. Some theme ideas include:

The Cinderella Garden

Plant pumpkins and lady slippers

The Pizza Garden

Plant tomatoes, peppers, onions and oregano

The ABC Garden

Start with Asters and go to Zinnias!



Thank you for visiting My Shed at My House. Stop back every month for more green gardening tips and activities!

Gardening For Kids



Helping kids to
understand how
things grow

Lessons Learned in the Dirt

There are a lot of lessons to be learned by young minds when it comes time to turn a plot of land into a garden. Responsibility and patience are lessons any gardener must learn, whether young or old. What better way to help your child understand the workings of the plant world than to provide them with a plot of land to call their own.

Getting Started

Work together to decide on a location that suits both you and your child's needs. Start small, it is better not to overwhelm your child in their first attempt. Try a 4'x4' plot for you child's first garden.

It is important to let your child take ownership over their garden. It is okay to offer a helping hand, but only on things your child can not do alone. Let them be in control.

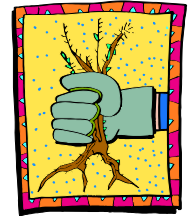
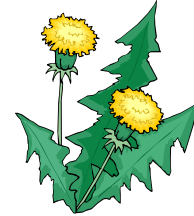
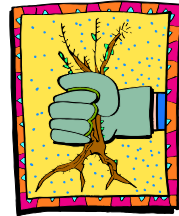
Preparing the soil: You child will need your help preparing the area for the garden. But don't do it alone, small trowels and kid sized shovels are available. Dirt clumps can be broken up by hand or by stomping.

Plant your Vegetables: Not many children like to eat vegetables but they will probably love to plant them. Children tend to prefer to grow a very colorful bounty. Try eggplant, ornamental corn, summer squash or gourds.

Choosing Flowers: Remember that size and color are very important when you are a child. Sunflowers are sure to be a hit! Also, children love to present Mom with a special handpicked bouquet. Some flowers that can be cut for bouquets include zinnias, marigolds and salvia.



Weeding: Even many adults have trouble deciding what is a weed and what is a budding new plant. Don't expect your child to keep his/her garden as weed free as your own. In fact, it may be better to encourage your child to let their garden grow a bit before weeding, which will make it easier to judge plants from weeds.



Harvest Time: Let the gardener choose the harvest time. Of course it is up to you to guide your child in knowing when the vegetables are ready for harvest. But what child can resist picking fruit a little too early just to see if its ready. Also, don't be afraid to let vegetables grow to enormous proportions. Sure the taste will suffer, but what child wouldn't love bragging about growing a 3 foot zucchini!

