



*"A garden is a grand teacher.*

*It teaches patience and careful watchfulness; it teaches industry & thrift; above all it teaches entire trust."*

*Gertrude Jekyll*

# Tips for gardening with kids

- **Start small.** Gardens on a balcony, in a tiny plant pot or small garden plot will teach your kids patience, a love of nature – and gardening! Simple gardens are better because children are more likely to maintain interest and less likely to become overwhelmed.
- **Choose seed that will come up quickly.** Especially if you are working with toddlers – they will remember the connection between seeding and growing plants easier.
- **Select high-interest plants.** Cherry tomatoes make a tasty snack. Lettuce and spinach, grow quickly and can be harvested more than once. Grow a giant pumpkin for carving or some gorgeous sugar pumpkins for pies? Strawberries in basket are easy to care for delicious to eat.
- **Cultivate good habits.** Teach your child to store the tools away after use. Set aside time to, once or twice a week, to tend the garden. Show your child how to pull weeds and water the garden.
- **Eat the fruits of your labours.** Children get firsthand experience of the food cycle when the plants they grew appear on your dinner table.