



UCCE MASTER GARDENER PROGRAM of SAN DIEGO COUNTY

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Children are naturally drawn to gardening! It is a healthy activity to share with your kids



Studies say that when parents and children garden, harvest and prepare produce together, children eat healthier foods. Gardening teaches persistence, patience, cooperation, relaxation and deeper learning.

Garden Activities to Try with Children

Grow a salad bar - plant lettuce, green onions, cherry tomatoes, beets, radishes

Grow in a sunny location with 4 or more hours of direct sun

Can be eaten after a few months of growing with some oil, lemon, salt and pepper

Grow an herb garden - plant oregano, parsley, thyme, cilantro, sage

Kids love the smell and texture of herbs

Fresh herbs are a low calorie way to flavor foods

Herbs will grow in bright sunlight with less direct sun

Strawberries and blueberries grow in pots located in the sun and delicious eaten raw

Gardening Instructions

1. Gather supplies needed: Deep, wide container or pot (5 gallon or bigger is more successful), bag of potting soil, bag of compost, plant starts or seeds (seeds take a couple months longer to harvest)
2. Plant with your children. Kids love to dig in the dirt
3. Give regular, consistent watering as needed so soil does not completely dry out
4. Plants need sunshine to grow
5. Harvest after about a month of growing: lettuce by pulling off outside leaves, pull up entire radish, wiggle and remove green onions as needed.

6. Harvest after a couple months: pluck cherry tomatoes when red, beets while young and tender
7. Plants will naturally die after a few month and need replacing with new plants