

Kids are curious, like to learn by doing, and love to play in the dirt.

Working in a garden, a child can experience the satisfaction that comes from caring for something over time, while observing the cycle of life firsthand. It is also a great way to teach environmental awareness by exploring the workings of nature.

A few tips:

- Plant from seed whenever possible. It's much more exciting to see the growing process as it begins.
- Plant veggies and flowers that grow quickly for early rewards: lettuce, radishes, bush beans, peas, nasturtiums, cosmos, sunflower, etc.

- Plant foods that kids like to eat: cherry tomatoes, potatoes, carrots, strawberries, etc.
- Plant for fun results: pumpkins for Halloween.
- Give praise and show off their work. Send a photo of their harvest to grandparents. Attention given to their work is the best motivator for children to stay involved with a project.



Check out these websites:

http://eartheasy.com/grow_gardening_children.htm

<http://www.kidspot.com.au/things-to-do/collection/gardening-for-kids>