

# Kid-Friendly Gardening with a Purpose

Make gardening fun and purposeful for your children by planting vegetables, fruits and herbs they will find in salsa, guacamole, pizza, and “spazghetti”. You don’t have to have a huge garden to produce the ingredients for these dishes. In containers or in a small garden, you can grow tomatoes, jalapenos, cilantro, basil, oregano, bell peppers (beautiful red, yellow, orange, green colors!), rosemary, thyme, etc. There are a slew of ideas on container and small space gardening on the internet.



FUN

Involve your children in planning the garden; picking out their vegetables, fruit and herbs; planting them and caring for them. This is a great opportunity to teach them the health benefits of eating vegetables, fruits and herbs loaded with rich nutrients (phytonutrients!). To learn about phytonutrients, go to [www.pedsinc.com](http://www.pedsinc.com). Not only will they learn about healthy eating, but your children will learn patience, responsibility, and pride as they see their vegetables, herbs and fruits growing. This is also a great way to get your children outdoors, create great memories and have fun with you! Your children will also experience great satisfaction as they enjoy the fruits of their labor!



RESPONSIBILITY

*Just a smattering of ideas for small space gardening:*

- Salad garden: lettuce, tomatoes, cucumbers, peppers, zucchini...use your imagination!
- Salsa garden: tomatoes, garlic, jalapenos, onions
- Guacamole: grow your own tomatoes, cilantro, and jalapenos, but purchase your avocado, garlic, lemon and onions. So much easier!
- Pizza or “spazghetti” garden: tomatoes, basil, oregano, bell peppers (try different colors!), rosemary, and thyme



SATISFACTION