

Plant a Garden & Watch it Grow!

Plant a veggie or flower garden & your kids will cultivate new skills, learn healthy eating habits & have a whole bunch of fun! You can make this educational too, try counting out the seeds, measuring the daily growth & learning the plant names!

Younger kids will need an adult helper. If your kids are older, encourage them to keep a gardening journal!



Veggies

What you need:

- A small patch of soil or plant pots
- A sunny spot for them to grow
- Peat-Free multipurpose compost
- Seeds (try carrots, beans, lettuce, peas or tomatoes)
 - Hand fork & trowel
- Spade, hoe and rake (if growing in the ground)
 - Watering can or hose
 - Gardening gloves

Instructions:

- 1) Get your gardening tools ready
- 2) Pick your plot or pots
- 3) Choose your veggies
- 4) Prepare your soil by watering, weeding and aerating the soil
- 5) Plant your seeds as per the instructions on the packet
- 6) Water and monitor growth
- 7) When ready pick, wash and enjoy tasting your fresh veggies

Flowers

What you need:

- A small patch of soil or plant pots
- A sunny spot for them to grow
- Peat-Free multipurpose compost
- Seeds (try gerbera daisies, sunflowers, marigolds or sweet peas)
 - Hand fork & trowel
- Spade, hoe and rake (if growing in the ground)
 - Watering can or hose
 - Gardening gloves

Instructions:

- 1) Get your gardening tools ready
- 2) Pick your plot or pots
- 3) Choose your flowers
- 4) Prepare your soil by watering, weeding and aerating the soil
- 5) Plant your seeds as per the instructions on the packet
- 6) Water and monitor growth
- 7) Enjoy watching them bloom