

# How Kids Can Help IN THE GARDEN



SOUTH CAROLINA  
FARM to SCHOOL



SOUTH CAROLINA  
FARM to EARLY CARE  
& EDUCATION

*Gardening has many benefits for children,  
including their health and well-being.*

## GARDENING:

- Captures their interest
- Improves their attitudes towards learning
- Helps them understand and respect the environment
- Gives them a sense of pride in their accomplishments
- Introduces them to healthful foods



From helping you to **mulch and pull weeds** at age 3 to garnering active and engaging **connections to science, math, and nutrition** as they get older, kids will benefit from the **nurturing experience of gardening** for years to come!



## 5 FRUITS & VEGGIES KIDS CAN EASILY GROW

### TOMATOES

(SEED PACKETS)

### CUCUMBERS

(SEED PACKETS)

### CARROTS

(SEED PACKETS)

### WATERMELON

### CANTALOUPE

Source: [fruitsandveggiesmorematters.org/kids-in-the-garden](https://fruitsandveggiesmorematters.org/kids-in-the-garden)



## *5 Easy Ways Kids Can Help in the Garden*

### **PLANTING**

- Put seeds in numbered containers. Mark each section of the garden with the corresponding location.
- Let children dig holes for the seeds. Give them a ruler so they know exactly how far they need to dig down.

### **WATERING**

- Use an adjustable water wand on the gentlest setting.
- Demonstrate holding the wand high enough and slowly moving it back and forth to avoid mudslides and puddles.
- Avoid using watering cans until seedlings begin to emerge.

### **RAKING**

- Have your kids make a fun design in the dirt with the rake.
- Have a raking race. The first one to make her/his area the smoothest, wins!
- Have your kids see how many different sizes/colors of rocks they can find while raking (this will keep their attention).

### **HARVESTING**

- Harvest with kid-size scissors. Using scissors, cut lettuces and greens just above the soil. Also use scissors when harvesting berries or other fruits and vegetables with thin stems.
- Let the kids rinse freshly picked produce to remove the dirt and debris. Use a deep container filled with cleaning water. After you pick each ripe fruit or vegetable, allow them to clean it. Change water when it becomes extremely dirty.

### **MEASURING**

- Use a twig, stick, or small branch to "draw" the garden design in the soil.
- Draw the design by sprinkling white play sand.
- Use carefully placed pebbles, gravel, or small stones to create the outlines of your shapes.
- Create markers with each fruit and vegetable labeled on them. Allow your kids to mark where they would like to plant each fruit or vegetable.