

How to Garden with Kids

(and not lose your sanity)

Top Crops to Grow with Little Ones

Quick growing and easy to sow, these crops are also beautiful (and delicious), encouraging interest, curiosity, and excitement.



- Nasturtiums
- Sunflowers
- Bush & Pole Beans
- Lettuce, spinach, kale
- Carrots
- Radishes & Turnips
- Mint & Lemon Balm
- Snow/Snap Peas
- Potatoes
- Cherry Tomatoes

Make a Sunflower & Pole Bean Play Space!

Start by planting sunflower seeds in a semi-circle. A couple of weeks later (giving the sunflowers enough time to germinate and get their roots under them), plant your beans in a parallel semi-circle just inside your sunflower sprouts. As your seedlings grow, help the beans begin to wrap themselves around the sunflowers. In a few short weeks they'll create a living, edible, shaded area for your Little One to sit, play, nap, build a fairy house or a gnome home, or read while enjoying time in the garden with you.



Tips For Gardening with Little Ones

- Wear your Little One or use your stroller to keep them safe and close while you garden and they get some fresh air.
- Give toddlers and young kiddos their own growing space (even if just a corner of the bed or garden) and their own tools.
- Breathe and enjoy a bit of quality time with your Little One(s) even if it is only for 5 minutes at a time. They won't be little forever.
- Show off their hard work to visitors.
- Reinforce their excitement about the garden by reading gardening books to them.
- Place outdoor toys in/near the garden to keep them close and entertained.
- Make gardening a part of your regular routine.
- Wear sunscreen, sunglasses, and hats.
- Hydrate, hydrate, hydrate!
- Breathe (yes, again) and remember that you are sharing wisdom, skills, and memories with your Little One(s) that they will carry with them forever.

