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## Gardening With Your Kids

*Simple, kid friendly gardening tips for creating mini gardeners and planet lovers*

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Children are fascinated by the miracle that is a seed's transformation into a green plant. Make your gardening hobby into a teaching opportunity for your kids to learn about the planet. Get them involved from the very start, even before the snow melts! Read to your kids about gardening and let them plan as you prepare for Spring! Then when it's finally time to get your hands dirty, follow these guidelines:

Photocredit: Flickr / [tacomamama](#)

## Kid Friendly Gardening

**1. Grow Food!** Studies have shown repeatedly that children who understand where their food comes from (the earth!) are much more likely to eat healthy as adults. So ensure you incorporate as many fruits and veggies in your child-friendly garden plan. Here's a [vegetable growing chart](#) to help. And be sure to help your kids understand how ecosystems function together by using companion gardening techniques. This [infographic](#) will help.











Photocredit: Flickr / [hoyasmeg](#)

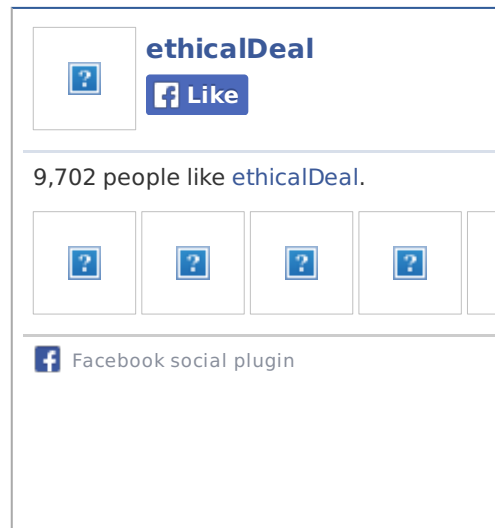
**2. Make the Garden an Adventure Area:** Create spaces in your garden where kids can play safely among the plants so they feel comfortable in a garden environment. For instance, raise an A-frame for growing beans and other climbing vegetables or fruits but leave space in the middle where kids can play house


**3. Designate a Kid-Only Patch with Child-Sized Tools:** Make it easy for

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your child to explore the process of growing plants by giving them a space just for them. Be sure to supply them with the equipment - in tiny sizes! - that they'll need, and show them how to use them.



Photocredit: Google Images /cnlirong

Of course, also remember to protect your family while outdoors with hats, shading devices, and sunscreen!

## Upcycling to Create Great Garden Features

Instilling the importance of reusing existing materials is another aspect that goes hand in hand with eco gardening for kids. The following are some inspirational ideas you can try out that are sure to thrill your kids:

**1. Grow Seedlings in Egg Cartons:** Cardboard cartons can be broken apart and allow your kids to easily and safely handle the plants when it's time to transplant.



Photocredit: Google Images

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**2. Turn an Old Log into a Succulent Garden:** Great for cultivating small succulents that dislike a lot of moisture, this is a rustic but practical way to create your own containers! Let your kids pick out the logs!



Photocredit: Flickr / back from the silo

**3. Convert a Used Wooden Boat into a Vegetable Patch:** With loads of space, upcycling an old boat is a great way to add a whimsical vegetable garden container without buying new wood. Just be sure it's not been treated with toxic stains or line it before planting food plants. You can even designate a portion of the boat as play space for your kids.

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**4. Re-purpose Dresser Drawers and Wooden Instruments:** Let your kids help you decide how to stack these items in creative ways to enjoy an eclectic container garden design.

**5. Create a Hanging Herb Garden from Recycled Soda Bottles:** You can hang them in your windows to maximize vertical space. Great for strawberries, herbs, and even tomatoes!



Photocredit: [Google Images](#) / [Wikimedia](#)

**6. Cultivate a Teacup Garden Using Old Mugs and Saucers:** Give your mismatched coffee and tea china a new life to plant small plants, and teach your kids the values of upcycling!

These are just a few of the great ways you can teach your kids about the importance of gardening, and helping them learn where their food comes from. They don't just learn about food, but also learn ways to be green at a young age! Doing a quick online search of gardening with kids will help you come up with even more creative and educational ideas they'll enjoy!

[Check out these tips on how to garden if you're tight on space. Apartment](#)

friendly options! >>

## About the Author :

*Maryruth has been seeking the keys to environmental justice—both at home and at work—for over a decade. Growing up adjacent to wild spaces, Maryruth developed a healthy respect (and whimsical appreciation) for things non-human, but her practical mind constantly draws her down to earth to ponder tangible solutions to complex eco-problems. With interests that range from green living to green business, sustainable building designs to organic gardening practices, ecosystem restoration to environmental health, Maryruth has been exploring and writing about earth-matters for most of her life. Of special interest is the subject of ecopsychology and the role the natural world plays in the long-term health and well-being of humanity. You can learn more about Maryruth's work by [visiting her site](#).*

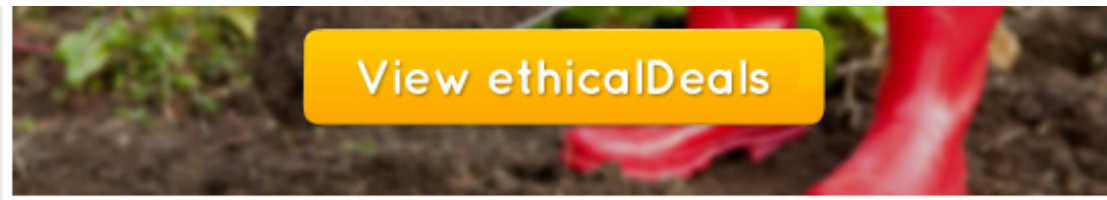
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