

Why Garden?

When kids grow and prepare fruits and vegetables, they are more likely to taste them. The garden also adds a fun, hands-on element to Math, Science, and English Language Arts lessons. Gardening can be a great way for your family to enjoy the outdoors, get physical activity, and grow fruits, vegetables, and fresh herbs.

Interested in starting a garden? First, think about the type of garden that's right for you and the space you have. Gardens can be outdoors in the ground, in raised beds, in containers, or indoors in small pots on windowsills.

Below is a list of some fruits and vegetables that are easy to grow. For more information on growing these fruits and vegetables, see the **Gardening Guide** on the Team Nutrition Web site at http://teamnutrition.usda.gov/Resources/dig_in.html.

Beets	Green beans	Peppers	Swiss chard
Broccoli	Green peas	Potatoes	Tomatoes
Cabbage	Kale	Radishes	Winter squash
Carrots	Leaf lettuce	Romaine lettuce	Zucchini
Collard greens	Melon	Spinach	
Cucumbers	Mustard greens	Strawberries	

Additional Gardening Resources from the U.S. Department of Agriculture (USDA):

- Healthy Meals and School Gardens – Team Nutrition: <http://healthymeals.nal.usda.gov/resource-library/school-gardens>
- The People's Garden: <http://www.nifa.usda.gov/fo/peoplesgardengrantprogram.cfm>
- U.S. Plant Hardiness Zone: <http://www.usna.usda.gov/Hardzone/>
- U.S. National Arboretum Gardening Tips: <http://www.usna.usda.gov/Gardens/gardeningr.html>

Plant a Windowsill Herb Garden Together

Basil, dill, cilantro, oregano, sage, and thyme are tasty herbs and easy to grow on a sunny windowsill. All you need is the right amount of light, water, and fertilizer.

Here are some quick tips to get you started:

1. Select which herbs you want to grow.
2. Get a flowerpot for each herb. Make sure the pot has holes in the bottom for water to drain out. Place a plate or saucer under each pot to catch the extra water.
3. Plant seeds in potting soil or a seed-starting mix. Check the seed packet to see how deep to plant the seeds. Do not use garden soil, which may be too heavy.
4. Keep soil moist, but not soggy. Water when the soil is dry to the touch. Add water until it comes out of the bottom of the pot. Empty the extra water out of the saucers under the pot after watering.
5. Put the container in a sunny window. Most herbs need 5-6 hours of direct sunlight each day.
6. Arrange your pots so that they do not touch each other. Don't let the growing herbs touch cold windows.
7. Fertilize every 2 weeks with a half-strength solution of all-purpose plant fertilizer. Only fertilize when the soil is damp. Do not use pesticides.

