

A CHILD'S GARDEN

May 2019

Children learn best when engaging all their senses. With gardening, Children can touch and feel the dirt, seeds and flowers, see the vibrant colors and varied sizes of the plants, hear the sound of the vegetable when it is taken from the plant and smell the amazing scents of the flowers. Allowing all the senses to be involved helps children understand and grasp the concept of gardening along with all the math and scientific concepts that go along with it.

Children have a natural curiosity and fascination for the natural world and there has been no better teacher than nature.



- Establishing a personal relationship and understanding with the environment makes a person naturally protective of it.

Gardening tips:

Soil testing: Testing your soil tells you if the PH levels are where they need to be as well as if your soil has the proper nutrients in it to grow healthy plants. You can buy soil testers at your local garden center.

Water in the morning: Water your plants in the morning to avoid water loss from evaporation, another benefit of watering in the morning is that it allows plant's leaves to dry up before evening, this helps in restricting bugs and fungus to develop.

Water Plants Deeply: Deep watering develops deep roots that are important in the healthy growth of the plant, whereas shallow and frequent watering develops shallow roots and weaker plant.

Pull weeds in moist soil: Always pull weeds in moist soil, moist soil makes the process of weeding simple as the weed's roots pull off easily in damp soil.

Use large planters: If using planters, large planters are deep; they don't dry up quickly and provides optimum growing space. Although, large planters take a lot of space but they look less cluttered than small planters.

Type of planter: Use the types of planters according to their nature and how much they suit to the growing conditions you have. Wooden planters remain moist and cool, terracotta remains moderate and plastic planter are lightweight and colorful but gets hot quickly. Clay planters are fragile but more natural.

Label your plants: Labeling helps in remembering plant's name and it makes the garden more accustomed and well managed. You can paint stones and label it or use pieces of broken pot.

Compost: Don't throw away the peelings of fruits and vegetables you eat. Fruits like banana, peaches and pomegranate are high in potassium and become a good organic fertilizer when used as compost.

Don't sow seeds too deep: Sowing seeds too deep decrease the germination rate, always find out before sowing seeds that how deep you need to sow. The best move is to read the seed packet carefully.

Benefits of Gardening for Children

- * Meaningful family time
- * Eating more vegetables
- * Connect with nature
- * Reduce waste
- * Teaches cause and effect
- * Nurtures creativity
- * Teaches about the cycle of life
- * Builds a sense of confidence
- * Relieves stress
- * Improves focus and memory
- * Provides engaging moderate exercise
- * Teaches responsibility
- * Teaches patience
- * Engages all the senses
- * Enhances fine motor development
- * Enhances the ability to plan and organize

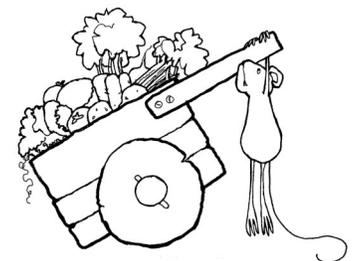


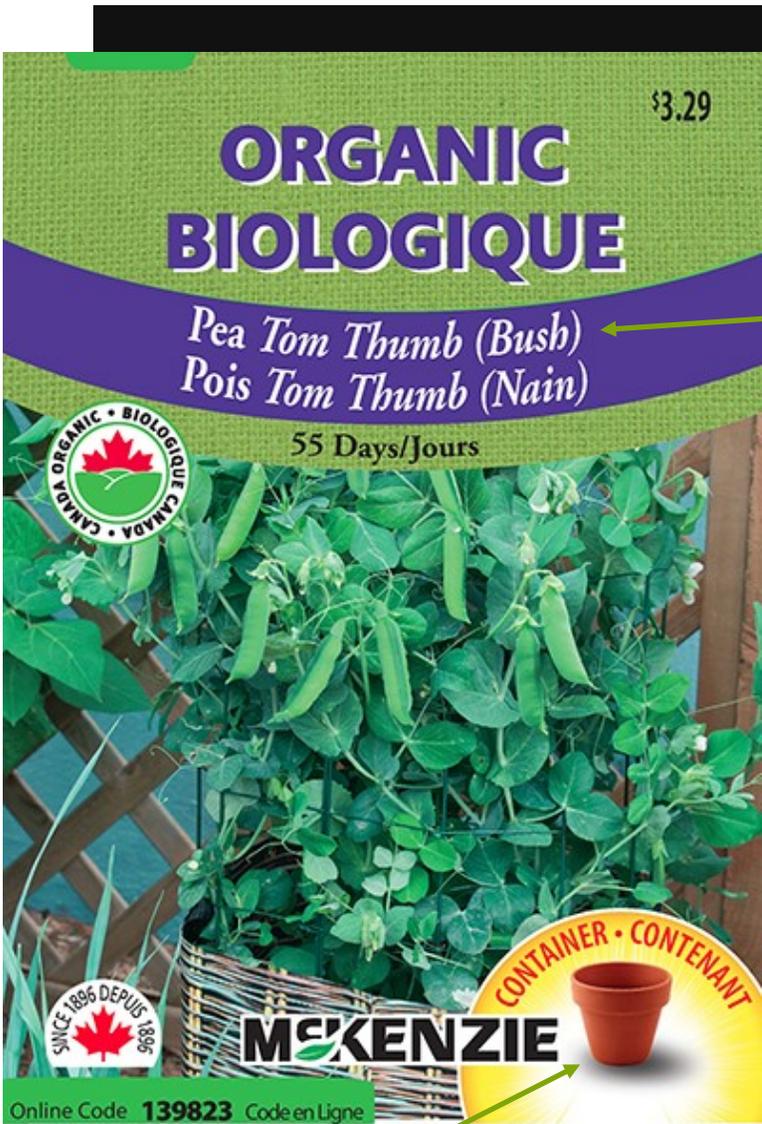
“Teaching children about the natural world should be seen as one of the most important events in their lives.”

~ Thomas Berry

Some Easy To Grow Vegetables:

- Beans
- Lettuce
- Carrots
- Garlic
- Cucumbers
- Zucchini
- Spinach
- Tomatoes
- Onions
- Radishes
- Herbs
- Potatoes





Bush means vegetable will grow wide.

Pole means vegetable will grow tall and need extra support.

Container Gardens always check for this picture on the packet. This tells you if

A determinate plant means that somewhere in the plant's genetic code there is a "determined" height. It will only grow so tall and then it will stop growing. All of its fruit should set and mature within a fairly short time frame—about two weeks. So if you want to grow a whole bunch of tomatoes, have them all ripen at the same time and then indulge in a huge canning session you may want to consider determinate plants.

An indeterminate plant (sometimes referred to as "vining") will just continue to grow up and up or, if you don't physically stake or tie it up-on and on. You don't have to let it turn into the tomato plant that ate the garden either—if you pinch off the growing tip at the top of the plant that will stop its growth. Either way it will continue to set fruit and ripen until a frost kills it! So if you want to keep having tomatoes over time to eat fresh, this may be what you are looking for.

Days to Sprout	Seed Depth	Seed Spacing	Plant Spacing	Row Spacing
5-10	2.5 cm (1")	2.5 cm (1")	10 cm (4")	75 cm (30")
Jours à Germination	Profondeur de semence	Distance des semences	Distance des plants	Espacement de rangée

VITAMIN CONTENT - A, B1, B2 & C - CONTENU VITAMINIQUE



A very early maturing Pea producing 4-5 cm (1 1/2 - 2") pods that are exceptionally sweet. This miniature shelling pea grows 15-20 cm (6-8") making it perfect for containers or small gardens. Can also be eaten as a snow pea in its early stages.

Fertilize with natural resources such as compost or manure. No herbicides, pesticides or man made fertilizers were used in the production of these seeds.

Pois très hâtif aux gousses de 4-5 cm (1½-2 po) exceptionnellement sucrées. Ce pois à écosser miniature n'atteint que 15-20 cm (6-8 po), ce qui en fait le choix idéal pour le bac ou le petit potager. On peut aussi le consommer comme pois mange-tout au début de son développement.

Fertilisez avec des ressources naturelles telles que le compost ou le fumier. Aucun herbicide, pesticide ou engrais artificiel ont été utilisés dans la production de ces semences.

