

URBAN FARMER

LOVE THE EARTH

How to: Grow Vegetables with Children

Gardens can serve as an excellent tool for teaching children about growth, farming life and more. Kids can get their hands dirty, be directly involved in the process and even enjoy the harvest at the end of the season and be able to taste their own hard work.

Growing vegetables with children not only gets kids outside and teaches them responsibility, but it also can encourage kids to eat healthier food from the homegrown garden. There are many varieties of vegetables that are easy and beneficial to grow for children.

Growing period:

Kids can be impatient, so vegetables with a quick growing period can be an ideal choice to teach children about gardening and involve them in the process. One of the quickest growing vegetables is the radish, which can be ready to harvest in as little as 21 days. Radishes are harvested by digging them up from under the ground, which can be a fun activity for kids. Although potatoes can have a longer growing period, they are also dug up from the ground. While harvesting vegetables that grow undergrown, tell your child you are hunting for buried treasure.

Another fun and fast vegetable to grow for kids is lettuce, which produces all season long and can grow in as little as 30 days. Different sorts of lettuce can be grown, and kids can observe how once snipped, lettuce leaves continue to produce.



[Vegetable seeds available at ufseeds.com](http://ufseeds.com)

Vegetables such as zucchini and squash can be harvested in as little as 70 days and do best when harvested young, as they are still tender. The vegetables are fun to pick for kids, who can twist the squash off the vine.

Kid-friendly taste:

Radishes may have a short growing period, but some kids may not enjoy their taste. Other good vegetable options to grow with your child are vegetables that the kids actually enjoy eating. This varies per child, but popular options could include carrots, sweet corn and more.

Easy to harvest:

Sugar snap peas can be an excellent choice for teaching kids about gardening, as they have round peas inside their pods and are easy for little fingers to grip onto. Cherry tomatoes also are a great choice for easy-to-harvest vegetables and can come in an array of colors that can be appealing to kids. Tomatoes can be grown in pots as well,



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which allows kids without a home garden to be able to participate in growing their own food, too

Fun activities:

Kids love arts and crafts, and vegetables can play an important part in this. Growing pumpkins makes for excellent entertainment once they are harvested and carved into jack-o-lanterns.

Cucumbers can be grown for two reasons – for those kids who like eating cucumbers raw and for those kids who like pickles. There are varieties of cucumbers grown specifically for pickling, and the entire process can be fun for kids to partake in.

Check out Urban Farmer’s vegetable seed selection on our website at ufseeds.com!



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