



## Planting Bucket Gardens With Children



Kids love to play in the dirt, so gardening has a built in advantage as a fun activity. To get young children excited about having their own special garden, start small. Let them pick out what they will grow. A walk down the seed packet aisle should tempt them with the pictures. Young children do best with large seeds like corn, beans, peas and sunflowers.



**Choosing the Plants:** More than likely kids will choose vegetables they like to eat. Remember that the garden space is small, so stick to a handful of varieties. Include some flowers as well. Marigolds are bright and easy to grow and they are a natural pest control for many vegetable plants. You can't miss with a bucket of sunflowers. Every kid is amazed at anything that grows 8 feet tall.

May 2012

Is there a health topic you want to know more about? For more information about fitness, education and nutrition, or other health programs, contact Grace Keith, Health Educator, 850.926.0400 x. 215 or Grace\_Keith@doh.state.fl.us

**Starting Seeds:** Let the kids help with starting the seeds. Some of the seeds may be too small for little fingers, but they can always be the helper who covers them with soil. You may want to start seeds in a cardboard egg carton with dirt in each cup. This allows the child to see the seed sprout and start growing.

**Put the Garden Where They Will See It:** To start the garden, pick a sunny spot in the backyard near where the kids play or often walk by. The more they see their garden, the more they'll notice changes. Find or purchase a large bucket (available at Walmart and hardware stores). Drill holes in the bottom for drainage. Fill with dirt and plants. If you are transplanting seeds from egg cartons, let your child help out. You can move the bucket into and out of the sun as necessary.

**Playing with Dirt:** Let your children help prepare the soil, even if all they are capable of is stomping on the clumps. Kid sized tools will make them feel even more a part of the project.

**Playing with Water:** Playing with water is right up there with playing with dirt. Give the kids a small watering can to use on their garden. Show them how to gently let the water go right to the roots of the plants. Hoses are simply too heavy for little hands to control.

**Include the Whole Environment:** You can also teach children about composting, by letting them spread egg shells, coffee grounds, vegetable and fruit peels around their plants to conserve water and help feed the plants. Don't forget to point out any interesting insects. Do not use pesticides or fertilizers that may harm your child. This is when you can teach the concept of "organic."

**Patience Is A Virtue:** Kids don't have a lot of patience and they may try to pull up their radishes or carrots just to see if they are ready. Let them keep tabs this way.

**Let Them Make Their Own Mistakes:** Sometimes adults don't have a lot of patience either. Let the kids have control of their garden. If it's messy, it's their mess. Let them enjoy it and take pride in their own bucket garden!





# May 2012

Have fun in the Sun and plant a garden



**Sunday**

**Monday**

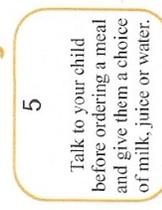
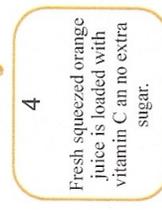
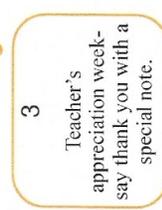
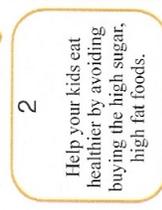
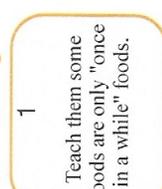
**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**



6 4 to 8 year olds need 800mg and 9 to 18 year olds need 1300mg of Calcium each day.

7 Plant an herb in a small potter with your child.

8 Reward your child with attention and kind words, not food.

9 Be active as a family. Plan a favorite activity for Mother's Day

10 Common food that cause allergies: dairy, soy, shellfish, wheat, tree nuts, peanuts, egg whites

11 All children age 3 and older need yearly blood pressure measurements.

12 Teach kids not to swap foods. 1 out of 17 kids have food allergies.

13 If you suspect a food allergy, have your child checked by a health care provider.

14 Teach kids to read food labels and see what is really inside their foods.

15 Serve water when your child is thirsty.

16 Promote activity rather than exercise to kids.

17 Promote heart healthy foods that are low in saturated fats.

18 Be careful of restaurants salads they can contain 1000 calories.

19 Fruit juice should be limited to once a day.

20 Defrost meat in the refrigerator is a good food safety practice.

21 Serve your child smaller portion sizes at mealtime.

22 Check out your local community recreation center for group classes for kids and adults.

23 Keep nutrition fun so kids will enjoy being healthy.

24 Teach your kids to stretch before exercising.

25 Look for cereals fortified in calcium

26 Cut fruits in different shapes and let your child create faces before eating it.

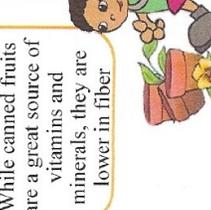
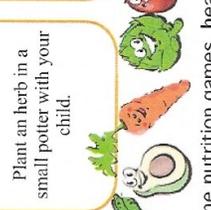
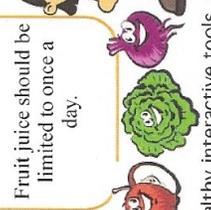
27 While canned fruits are a great source of vitamins and minerals, they are lower in fiber

28 Moderate to intense daily exercise helps maintain weight for the whole family.

29 A balanced diet helps kids do better in school

30 Plant an herb in a small potter with your child.

31 Fruit juice should be limited to once a day.



Visit [www.ChefSollus.com](http://www.ChefSollus.com) for Free online nutrition games, healthy interactive tools, fun activities, and tips!

Copyright © Nourish Interactive, All Rights Reserved