

GARDENING BENEFITS

According to the National Gardening Association, youth gardening is more popular than ever! When kids garden, they do better in school, learn social skills, gain confidence and self esteem and have improved attitudes towards healthy food and the environment.

Getting children to work in the garden may be a challenge, so be creative in how you engage them. To gain children's interest – make gardening a game. Remember when planning garden time with your youngster to think of things kids like to do such as dig, build, decorate and explore. By using a little ingenuity, you'll get your child into the garden, inspire him or her to investigate it and in the process you are likely to nurture a future gardening enthusiast.