

SEEDS SOILS AND SMILES

Urban Gardening With Kids



BUSY PARENTS GUIDE

SIMPLE WAYS TO INVOLVE KIDS IN GARDENING



WHY BOTHER?

Imagine the pride and joy of watching your kids grazing in your own homegrown garden. There's something magical about seeing them lost in the raspberry bushes, totally absorbed in the joy of finding berries. And that unforgettable moment when they tear straight outside after school in early June, knowing the cherries are finally ripe!

PLANTING JOY



Gardening with kids is not just about growing food; it's about creating memories, instilling a connection with nature, and teaching them patience and responsibility. Even in an urban setting, you can bring the magic of gardening into your home, whether it's in a backyard, balcony, or even a few pots on the windowsill.

GREEN ADVENTURES GROWING TOGETHER

FROM SEED TO HARVEST: ENGAGING KIDS IN THE GARDEN

>>> CHOOSING WHAT TO GROW

The first step in any gardening journey is deciding what to plant. Involve your kids in this process—there's no point in growing things they won't eat! Make it fun by asking them what they love to eat and what new things they might want to try.

WATERING

Watering is a crucial part of gardening, and small jugs or watering cans work best for little hands.

Teaching kids about moderation in watering helps them understand plant care—too much water can be just as harmful as too little!

>>> SOWING SEEDS IN POTS

Sowing seeds is a mindful and tactile activity that kids love. Let them experience the joy of planting by giving them their own pots and seeds. It's as simple as:

1. Filling a small pot with soil.
2. Dropping in a seed.
3. Covering it gently with more soil, like tucking it in for a nap.
4. Watering it and waiting for it to grow.

The excitement of seeing the first sprouts emerge never gets old!



TINY GARDEN, BIG FUN

NATURE IN THE CITY

>>> QUICK AND FUN CROPS TO TRY

If you want to keep the enthusiasm high, start with crops that grow quickly and are fun to harvest:

- **Pea shoots** – Ready in just a few weeks and great for salads.
- **Salad greens** – Fast-growing and can be cut multiple times.
- **Carrots** – The anticipation of pulling them from the soil is thrilling.
- **Radishes** – Super quick to grow and easy to pick.
- **Potatoes** – The joy of unearthing is always amazing.

>>> HARVESTING WITH JOY

For many kids, harvesting is the best part! The beauty of home gardening is that harvesting can be informal—let them pick peas off the vine, pluck ripe strawberries, or dig up potatoes with their hands. It's a hands-on, rewarding experience that connects them with the food they eat.

Gardening is a learning process, and you won't get everything right the first time. Instead of expecting perfect results, focus on modeling patience and problem-solving. Encourage curiosity and enjoy the journey, mistakes and all!

WATCHING AND WAITING

Gardening is an excellent way to teach kids about patience and observation. Encourage them to check on their plants daily and look for changes—new leaves, tiny buds, or the first signs of fruit.

>>> FINAL THOUGHTS

Urban gardening with kids isn't just about growing food—it's about growing memories, life skills, and a love for nature. Whether you have a big back garden or a few pots on a balcony, you can create a green space that brings joy, learning, and delicious rewards. Start small, have fun, and enjoy the journey of gardening together!

