

THE HEALTHY KIDS TIMES

Gardening at Home

Grades 3-4

NUTRITION NEWS AND MORE FOR YOUR FAMILY

Dear Parent,

Your child has been learning about fruits and vegetables. Many vegetables can be grown in a home garden. A garden is also a great place to teach your child about new foods. Most kids get excited about eating fruits and vegetables they have grown.

Growing your own vegetables is a way to save money. Many vegetables can be grown from seed. If you haven't grown a garden before, start with two or three different types of vegetables.

Gardening is also a great way to spend time together as a family. Working in the garden is great exercise. You use many different muscles when you plant seeds, cultivate the ground, hoe out weeds and harvest vegetables.



Different vegetables supply different nutrients. That's why you need to grow and eat a variety of vegetables every day. MyPyramid reminds us to "Vary Our Veggies!"

Some Like it Hot

Some vegetables grow better in cool weather. Others like it hot. Cool season crops grow best in early spring or in the fall. Warm season crops grow best in the hot weather of summer.

Plant salad crops like leaf lettuce, onions, radishes and spinach in mid-March to April. You can also plant these vegetables in late August or early September for a fall crop.

Snap beans, okra, cucumbers, cantaloupes, watermelon and squash can be planted in May. Tomatoes and peppers cannot tolerate freezing temperatures (below 32°F). Wait until all danger of frost has passed (usually in late April or early May) before planting these vegetables in your garden.

Vegetable Gardening in Kansas

Many vegetables can be grown in a home garden. Here are some vegetables that grow well in Kansas:

- Leaf Lettuce
- Onions
- Peppers
- Radishes
- Okra
- Snap Beans
- Cantaloupes
- Cucumbers
- Squash
- Sweet Potatoes
- Tomatoes
- Spinach



Parents and Kids,
 Many vegetables can be grown in a Kansas garden.
 Take a look at the list below and circle the ones
 you might like to try planting in your garden.

Beets	Broccoli	Cabbage
Cantaloupes	Carrots	Cauliflower
Cucumbers	Eggplant	Lettuce
Okra	Onions	Peas
Peppers	Potatoes	Radishes
Spinach	Squash	Sweet Corn
Sweet Potatoes	Tomatoes	Watermelons

More information on gardening in Kansas can be found at the
 Kansas State Research and Extension website: www.oznet.ksu.edu.
 Click on "Lawn and Garden".

You can grow lots of different vegetables in a home
 garden. Some of them are hiding in this vegetable
 word-find puzzle. Find the vegetables listed in the
 puzzle and circle them.

k p r g t b c a m s
 o p e c e i l s e o
 e l h a p l e n p o
 s p n b s o t o a c
 e s c b t c t i p k
 o k r a s c u n e e
 t a m g r o c c o p c
 a o e e c r e s p s
 t o e a a b o a e s
 o s q u a s h t r e
 p s h c c a n i p s n

beans	carrots	onions
peppers	squash	broccoli
tomatoes	okra	potatoes
cabbage	lettuce	peas
spinach		



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 To find out more, contact your local SRS office or call (800)221-5689.