

Top Ten Plants to Grow With Kids

Carrots: Carrots are the buried treasure in a kids garden and come in a rainbow of colors – orange, red, yellow and purple. Imagine a snowman with a purple nose. Tiny hands can easily dig carrots with child size shovels.

Potatoes: Potatoes are a vegetable that most kids know and love. Spuds come in a rainbow of color – from gold to purple- and your own garden of potatoes can be an exciting, colorful scene of endless hunts for tasty, buried treasures. They can be carved into stamps for printing and a Mr. Potato-Head can be made by decorating with fruits and vegetables for the face.

Beans: Beans come in different shapes, sizes and color. Children can create their own tee pee with bamboo stakes anchored into the soil. Plant a pole bean seed at the bottom of each stake and watch the vine start to climb! Beans are easy to save for seeds.

Cherry Tomatoes: These may be the most fun crop for a child. Kids can pluck them right off the vine for a sweet, healthy snack. They love to pick, eat and watch them grow from tiny plants into a tangled mess. Their favorites are the tiny golden currant, the red cherry and sungold.

Sunflowers: A must for a kid garden! The seeds are big and easy for little hands to hold. Kids can plant these to form towering, protective walls around playhouses, castles, tents and meandering mazes, or plant them in a circle for a sunflower house. Plant a variety with edible seeds - kids love them.

Corn: Is a source of wonder for kids, they find it hard to believe that seedlings will someday produce exploding kernels or a whole harvest of jewel toned ears. Planting these to make a maze will be great fun for the kids to go through to see if they can find their way out. Try planting popcorn for eating or colored corn for autumn and thanksgiving decorations.

Pumpkins: These win all the popularity contests. Pumpkins of any size, giant or tiny are great to watch them grow, turn orange and pick them when they are ready. Some you can eat, paint, make a jack-o-lantern or just use for decoration. The seeds are big and easy for little hands to plant, and they germinate quickly.

Garlic: While most of the garden is being put to rest in the fall, you can still plant garlic. Big cloves are easy for kids to plant. In the spring when you go to prepare your garden, what a surprise to see this already coming up! Garlic scapes in early summer are a wonderful first harvest.

Radishes: A quick and reliable crop to give kids fast results and a good way to interest kids in salads. They come in a medley of colors and shapes with some growing to size of a baseball.

Wheat: Watch wheat grow and turn from green to a golden color. Kids will enjoy grinding the wheat into flour to make bread.