

## Of Children and Gardens...

Picking fresh tomatoes and green beans are among my cherished childhood memories. I remember how proud I was when I brought in my first tomatoes. A garden can be a great source of enjoyment and accomplishment for children if adults prepare.

- Keep the garden a manageable size. A small garden can be established and cared for without becoming an unpleasant chore.
- Plant flowers, fruits, and vegetables the child enjoys. Eating and sharing their favorite foods and flowers provides a sense of accomplishment.
- Gardening is educational. Observing the slow but steady growth of a seed into a plant or a flower into a fruit is truly an amazing thing.
- Gardening is therapeutic. Allowing children to get their hands in the soil and tenderly handle young plants and tiny seeds gives a sense of connection with nature.

If you want to provide your children with an opportunity to enjoy a healthy activity consider a backyard garden. It could lead to a hobby that lasts a lifetime for both of you.

For more information contact your local cooperative extension office. In Lackawanna County call 963-6842 and ask for the Garden Helpline or email [LackawannaMG@psu.edu](mailto:LackawannaMG@psu.edu)

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