

EXPLORING THE GARDEN

with Children

Feeding Team



**Rady
Children's
Hospital**



Spring 2022

WHY GARDEN?

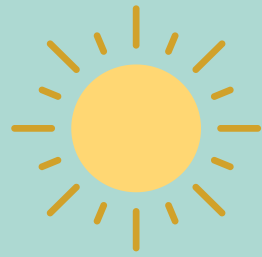
Take a moment to imagine a lush garden. Visualize the lush green leaves on apple trees, lettuce heads, and the vibrant red from tomato and strawberry plants. Think about the smell of rosemary and basil as you touch the plant or even open a fresh orange.

Multiple and varied exposure to food is associated with an increased willingness to "try" new food. Edible gardens provide a wonderful, low-pressure way for children to explore, sense, feel, smell, touch, and grow food. The hope is that they will build more positive thoughts and feelings with food, which in turn will lead to increased curiosity about food and food consumption (Mennella et al 2008, Nanney et.al 2007).



Christiana David, MA CCC-SLP

GROW GUIDE



Where can I grow?

Yes, you CAN grow a garden in any space you have. Container gardening in a yard, patio, or even window sill are all perfect places for small spaces, children, and first time growers!

Growing food indoors can work as well! Place your container as close as possible to a window!



Peas growing in a container on a patio.

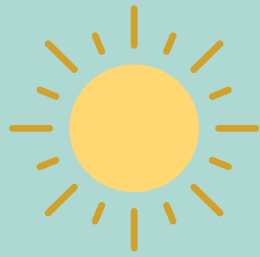


Tomato Plants growing along a fence



Growing on a Fence

GROW GUIDE



What do I need?

Containers

Soda bottle containers, buckets, cups, old spaghetti containers can work for starting the garden.



5 Gallon Bucket, Drill holes on the bottom



repurposed water bottle

If you're limited on space you can consider hanging baskets or containers that can fit over rails.

Soil

Potting mix, soil, dirt. You can start with anything then see how it grows!



Cups



Lettuce Sprouts growing in Standard Plant Containers

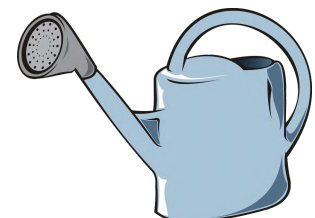
Sunlight

Plants need sunlight to grow. Where every you grow, ensure it is receiving light. If you're growing inside, place it as close as possible to the window!

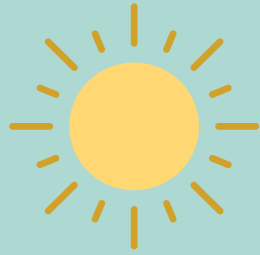


Water

Feed your plants water. Do not let the soil dry out, but be careful to not OVER water.



GROW GUIDE



What can I plant?

Cut and Re-Grow Vegetables

Grow free crops from vegetable scraps. Watch them grow!



New celery growing from a celery!

Generally you are able to cut the tops of vegetables. Place the ends into a shallow container filled with water. Watch the vegetable regrow. Once it has a lot of roots, you are able to put it into soil!

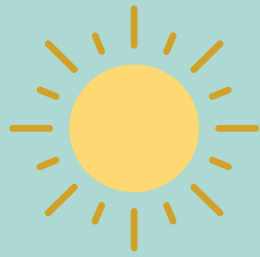
Vegetables to Try

- Romaine Lettuce
- Celery
- Green Onions
- Garlic
- Carrot Tops
- Potatoes and Sweet Potatoes
- Basil
- Pineapple



Growing sweet potato vines from a grocery store sweet potato

GROW GUIDE



What can I plant?

Growing from Seeds

Pick up a few packets of seeds or seedlings from the garden center (Home Depot, Lowes, Nursery, or even the Dollar Tree)!

Easiest Plants to Grow

- Lettuce and Spinach: Loves the shade and cool weather. Grows fast!
- Tomatoes: Full sun, summer time veggie. Cherry tomatoes great for containers!
- Peas: Cool weather. fun to watch as it grows it's long vines.
- Potatoes: Great for a 5 gallon bucket.
- Radishes and Beets: great root crops for cool weather.
- Carrots: Great and fun to grow in a container! Try planting the multicolored carrot variety (purple, white).

Fruit Trees and Plants

- Fruit bushes and trees are often better to obtain already started (versus as seeds).
- Strawberry, raspberry, blue berry bushes are easy maintenance and the colors are so vibrant.

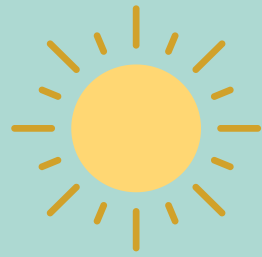


Colorful Carrots, freshly harvested. They smell very sweet!



Cherry Tomatoes, ripen quickly and require fewer sunny days! They're perfect for small spaces and shady spots.

GROW GUIDE



What can I plant?



Try experimenting what will spout!

This is a pop corn kernel. It has been wrapped in a wet paper towel for several weeks!



Sometimes the fruit vegetables we grow, will not be the same shape or size as the ones we see at the store.



You can find some creative gardens if you take a walk around you neighborhood. 10 feet tall corn stalks growing along the sidewalk.



Fresh lettuce is easy and quick to grow. There are many kinds of leafy greens with slightly different flavors!

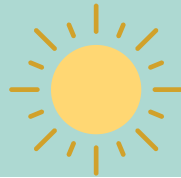


Fresh harvest of home grown cauliflower!
Gardening in San Diego can occur year round!



You would not believe how vibrant the beet juice was from this fresh beet!

VISIT EDIBLE GARDENS



San Diego Botanical Garden

The San Diego Botanical Garden sits on 37 acres in Encinitas with the West Coast's largest children's garden, edible garden (fruit trees), and a banana boulevard.

sdbgarden.org

Quail Gardens Drive and, Ecke Ranch Rd,
Encinitas, CA 92024

City Farmers Nursery

City Farmers Nursery is garden nursery for everyone to explore, even if you are not planning to buy anything! It sits on 1.5 acres in City Heights! Nursery Highlights include: lots of herbs, endless amounts of fruit trees, CA native plants, and ANIMALS (goat, fish, and chickens!)

cityfarmersnursery.com

3110 Euclid Ave.

San Diego, CA 92105

Seeds at San Diego City College

San Diego City College's Seeds Urban Farm is a vegetable and fruit production farm with various gardens to explore.

San Diego City College

1313 Park Boulevard

San Diego, CA 92101

619-388400

Tijuana River Valley Community Garden

This is a community garden where members of the community have plots where they are able to grow their own fruits and vegetables.

www.rcdsandiego.org

VISIT EDIBLE GARDENS



Garden Centers

Even a visit to a garden center, Home Depot, Lowe's can be a fun experience.

Various Locations

San Diego Children's Discovery Museum

There are various gardens to explore at this location: Native Plants, Pollinator Gardens (butterflies!)

cityfarmersnursery.com
3110 Euclid Ave.
San Diego, CA 92105

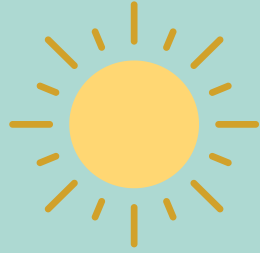
Olivewood Gardens

Located in National City, Olivewood Gardens promotes healthy families through gardening. They have gardening and cooking classes.

olivewoodgardens.org
619- 434-4281
2525 N Avenue, National City, 91950

Search for community gardens online for more locations

REFERENCES



Mennella, J.A., Nicklaus, S., Jagolino, A.L., and Yourshaw, L.M. 2008. Variety is the spice of life: Strategies for promoting fruit and vegetable acceptance in infants. *Physiology and Behavior* 94: 29-38.

Nanney MS, Johnson S, Elliott M, and Haire-Joshu D. 2007. Frequency of eating homegrown produce is associated with higher intake among parents and their preschool-aged children in rural Missouri. *J Am Diet Assoc.* 107(4):577-84.

