

LITTLE GREEN THUMBS: BENEFITS OF HOME GARDENS



Welcome Parents & Kids

Gardening at home is more than just growing plants - it's about growing fun, learning, and family memories. Let's explore some of the amazing benefits from starting a garden at home!



Napa Valley has Ideal Garden Conditions!



Fun Garden Activities to do with Little Ones!

1. **Plant a rainbow garden bed** - have them pick out fruits and vegetables that make a rainbow.
2. **Grow a pizza garden** - help them plant their favorite pizza toppings for fun "make-your-own" pizza nights! ([Garden Pizza Recipe](#))
3. **Make a sensory herb garden** - plant a variety of herbs that engage all 5 senses (smell, taste, sight, touch, and sound).
4. **Garden Scavenger Hunt** - create a list of foods grown in your garden for them to find and cook a meal/snack together with them at the end!

What Makes Home-Gardening So Special?

ABILITY TO GROW YOUR OWN FOOD!

- Gardening can help encourage healthy eating patterns for you and your family .
 - Kids are more likely to eat what they picked out and help grow!
- Allows for easy access to fresh produce in your backyard.
- Offers a hands-on way to teach children about nutrition and where their food comes from.

ALLOWS SPACE FOR CULTURE AND SOCIAL CONNECTION

- Exchange harvest with your neighbors and friends! We all come from different backgrounds and like to eat different foods - this can be a great way to introduce your family to new foods and gardening practices!
- Home gardens also allow for maintaining and creating traditions. This can help create a sense of home and belonging and can be a safe space to learn and explore different produce!

GETTING THE FAMILY INVOLVED

- Gardening helps teach kids responsibility and patience.
- Relieves stress and engages all senses while in nature.
- Is a good form of physical activity & exercise.
- Introduces kids to natural science and lets them further develop important motor skills..

