



Saint Paul
PUBLIC SCHOOLS



Weekly Wellness Tip

Benjamin E. Mays Families & Staff Resources and Ideas

Use Your Kitchen to Start Gardening at Home



Looking for a way to spruce up your spring? Maybe it's time to consider gardening. Gardens are great for getting kids to try something new and healthy. Kids are more likely to eat food they've grown and prepared themselves. Gardens and plants can also teach kids how to take care of a living thing. And unlike pets, they don't need training, daily feedings, or visits to the vet. Interested in starting a garden but lacking the space, seeds or backyard? No problem. We've got you covered.

- You don't have to stick to flower pots and the usual garden containers. Use your imagination and be container creative!
- Seeds and seedlings may be more readily available than you think
 - Take advantage of fresh produce kitchen scraps
 - Try planting tomato seeds or bell pepper seeds.
 - Use a little water to sprout lettuce and celery stalks from their bases. Transfer to a container with soil once the roots start to sprout. Or try this with carrot greens and then use the greens as a substitute for parsley.
 - Remove the tough outer covering of an avocado pit. Insert 3 toothpicks into the sides of the pit and place in a narrow jar or glass. In about 8 weeks you should see roots and a green sprout.



Sources: <https://www.actionforhealthykids.org/activity/kitchen-scrap-gardening/>