

LEAPS

learning eating active play sleep

Vegetable and Herb Gardens



What are some ways that children can get involved in Herb and Vegetable Gardens in the Early Childhood Setting?

Herb and vegetable gardens in your early childhood setting are a great way to encourage children to be physically active, learn about healthy eating and good nutrition, sample healthy produce, get involved and have fun.

Early childhood settings are using herb and vegetable gardens as a hands-on way to teach children about the benefits of growing and eating fruits and vegetables. There are many ways children can be involved in the herb and vegetable garden including:

- Setting up the garden
- Planting seeds or seedlings
- Watering
- Weeding
- Watching them grow
- Picking
- Tasting
- Creating recipe ideas
- Cooking
- Starting a worm farm
- Feeding the worm farm food scraps
- Fertilising the garden with the fertiliser from the worm farm
- Guessing game: as the seedlings grow guessing what the fruit or vegetable will be
- Guessing game: smelling herbs and guessing what they are
- Plant journals: documenting/drawing the plants growth
- What do plants need: talking about what plants need to grow
- "Fruit, vegetable or herb of the week": discussing how it's grown; what recipes it can be used in; what it feels , smells and tastes like

For help with the starting and maintaining a fruit, vegetable or herb garden visit Gardening Australia www.abc.net.au/gardening/features/ediblegarden.htm

How do I stop freshly cut or peeled fruit and vegetables from going brown?

You can keep your freshly cut fruit and vegetables from turning brown by simply squeezing one teaspoon of lemon juice over the cut fruit or vegetable.