

# Planting Healthy Habits

Gardening is educational and develops new skills including: Responsibility – from caring for plants. Understanding – as they learn about cause and effect (for example, plants die without water, weeds compete with plants) Self-confidence – from achieving their goals and enjoying the food they have grown.

Establishing healthy habits in children is important, and that includes teaching them to eat plenty of fruits and vegetables. One of the best ways to get kids interested in healthy foods and to teach them more about the nutritional benefits of plant-based eating is to start a family garden and grow your own produce.

Some of the best mid-winter plants and seeds to plant include;

Kale

Lettuces

Broccoli

Radish seeds

Carrot seeds

Peas

Whether you have a backyard, or a planting pot inside by a window, you can plant a garden!

