



village
TABLE

Nutrition Newsletter

April: Gardening with Kids

There is often a gap in understanding about where our foods come from and how they get to our table.

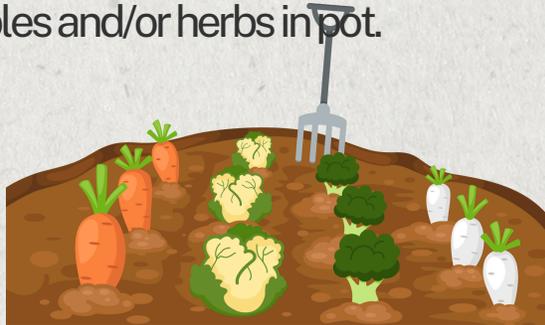
You can help fill this gap by gardening with your child(ren)!

Gardening with children can:

- Increase a child's physical activity,
- Help to introduce new fruits and vegetables, and
- Improve science skills.

Both big and small gardens have wonderful benefits!

If you don't have the space for a large plot, consider growing a few vegetables and/or herbs in pot.



Our Favorite Gardening Books

- [Rainbow Stew](#)
- [The Carrot Seed](#)
- [Muncha Muncha Muncha](#)
- [From Farm to Table](#)
- [Tops and Bottoms](#)

