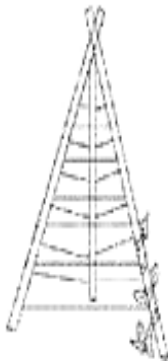


STRUCTURES



OBELISK TRELLIS- These are easy to make by lashing 3-5 poles or sticks together, stringing wire or twine around for beans, morning glory, gourds, or cucumbers to grow upon. Make them tall enough for a child to climb inside.

SUNFLOWER OR CORN HOUSE

- Can be created by strategically planting seeds 5 rows thick to form walls, use beans in their place to make windows.

TOPIARY ANIMALS - Create different animals and objects out of chicken wire, then grow annual vines over the wire.



HELPFUL WEBSITE

www.kidsgardening.com

BOOKS

Children's Gardens: A Field Guide for Teachers, Parents, and Volunteers

by Elizabeth Bremner & John Pusey.

Dig, Plant, Grow: A Kid's Guide to Gardening

by Felder Rushing

Great Gardens for Kids

by Clare Matthews

Roots, Shoots, Buckets, and Boots: Gardening Together with Children

by Sharon Lovejoy

LOCAL RESOURCES

Growing Gardens- Community outreach through school gardens and the Boys & Girls Club, volunteer/community involvement opportunities.

Contact: Caitlin 503-284-8420

email-Caitlin@growing-gardens.org

www.growing-gardens.org

Old McDonald's Farm- Offers classes, summer and special needs programs & camps, day visits, "Farmer For a Day" sleep-overs, & seasonal activities.

Contact: 503-695-3316

www.oldmcdonaldsfarm.org

Zenger Farm- Offers classes for families; winter, spring-break and summer camps, classroom fieldtrips and volunteer activities.

Contact: 503-282-4245, Education Coordinator

www.zengerfarm.org

Sauvie Island Center- Offers classroom fieldtrips, summer camps & volunteer opportunities.

Contact: info@sauvieisland.org

www.sauvieislandcenter.org

Gardening with Kids



Playful Plants and Ideas
for a Child's Garden

PORTLAND
NURSERY
www.portlandnursery.com

WHY TEACH KIDS TO GARDEN?

Gardening with children can be one of the most rewarding experiences for both the child and their parents or mentors. Children are natural gardeners - they are curious, learn by doing, and love to play in the dirt. Working together in the garden can provide hours of quality time each week and encourages a child's interest in the workings of nature and science, experiencing the cycles of life first hand. Giving a child their own space teaches responsibility and allows for creativity and a sense of pride in producing food or growing a bounty of wildflowers. As an added bonus, the whole family ends up with fresh food and a new appreciation of where food comes from.



TIPS FOR GARDENING WITH KIDS

- ☺ **Give them their own space** - either raised beds, pots, or ground plots- make sure each child has their own space.
- ☺ **Keep it small** - a smaller space is easier to manage and everything seems larger through a child's eyes. Start small and increase with age and interest.
- ☺ **Placement in the best possible spot** - near the action, in the best sun and (prepared) soil, will optimize success.
- ☺ **Use serious tools and work gloves** - cheap plastic tools break and frustrate the new gardener.
- ☺ **Engage kids** in the entire process from seed to table.

EDIBLE SUGGESTIONS

- Broccoli - Try Minaret, it looks like tiny spiral towers and tastes delicious.
- Brussels Sprouts - Fun to harvest, easy to grow, try 'Valiant' for excellent flavor.
- Carrot - Thumbelina and Little Finger are cute, snacking varieties.
- Chard - Bright Lights and Rainbow will brighten up the vegetable garden.
- Corn - Try Bodacious, Precocious (early), Kandy Corn, Zea Mays (ornamental)
- Cucumber - A crowd-pleaser, great for trellising.
- Dill - Tall and feathery, has great taste and smell.
- Fennel - Yummy leaves and seeds, attracts beneficial insects.
- Gourd - Try Swan, Caveman's Club, Autumn Wings for interesting shapes.
- Lettuce - Easy to grow nearly year-round and best when cut fresh from the garden.
- Pineapple Sage- Smells sweet, red flowers attract hummingbirds.
- Peas - Sugar Snap and Cascade are great for cooking and snacking.
- Potato - Blue and Cranberry Red varieties are delightful excuses for playing in the dirt.
- Pumpkin - Try smaller varieties like Baby Boo, Jack Be Little, and Fairy Tale.
- Squash - Flying Saucer, Starship, 8-Ball, and Sunburst all have great shapes.
- Strawberry - Alpine, Seascape, and Hood are delicious and abundant producers.
- Sunflower - Plant edible seed types like Arikara.
- Tomato - Bite size Cherry, Yellow Pear, and Grape are sweet and popular with kids.

FLOWERING ANNUALS

- Calendula - Edible, sure bloomer.
- Marigold - Aromatic, easy to grow from seed.
- Pansy - Cute flowers, easy, lots of color variation.
- Salvia - Attracts butterflies and hummingbirds with tasty nectar and bright colors.
- Snapdragons - Fun dragon mouths that open and close when squeezed.
- Sunflower - Huge and captivating, attracts birds, has edible seeds, and easy to grow. Try: Teddy Bear, Giant Sungold, Big Smile.
- Strawflower (*Helichrysum bracteatum*) - Fun shapes and great as a dried flower.
- Sweet Peas- Smell sweet, easy to grow, but NOT edible.
- Zinnia - Wonderfully bright array of colors.

FLOWERING PERENNIALS

- Bee Balm (*Monarda*) - Bright flowers attract hummingbirds/butterflies.
- Chocolate Cosmos (*Cosmos atrosanguineus*)- velvety black-red with chocolate smell.
- Coreopsis - Feathery foliage and continuous golden flowers.
- Echinacea - Has an intriguing texture to its center, blooms summer till fall.
- Gaillardia - Loads of daisy-like flowers in warm colors all summer long.
- Daisy (*Leucanthemum*) - A classic in the garden.
- Delphinium - Many cool colors, tall and whimsical.
- Lamb's ears (*Stachys byzantina*) - Very soft and true to its name.
- Lavender (*Lavendula*) - Lovely, calming scent, attracts pollinators, drought tolerant.
- Poppies - Provides great color, easy to grow, Icelandic Mix & Oriental varieties.
- Red Hot Pokers (*Kniphofia*) - Huge, colorful flower stalks, drought resistant.