



# Gardening

## Helping Hands Tip Sheet



### Did you know?

Children can create a garden of plants, fruits or vegetables using found items such as small disposable plastic containers, cups or cartons.



### Activity

Place a moist paper towel inside a sandwich bag and add 3 or 4 lima beans. Leave the bag open and tape the bag to a sunny window. Keep the paper towel moist, check it daily. Watch the sprouts grow and measure their progress. Transplant the plants to a pot for further growth.

### Fun plants to grow:



- Morning glories
- Pansies
- Zinnias
- Johnny Jump Ups
- Sunflowers
- Strawberries
- Radishes
- Potatoes
- Herbs: basil, oregano, and mint
- Butterfly attracting plants: Monarda, Butterfly Weed, Salvia

### Tips for gardening activities:

- Collect flowers, berries, leaves, and insects
- Plant seeds (inside or outside)
- Create vegetable, fruit, and leaf prints
- Make seed mosaics
- Start a worm bin
- Watch a butterfly develop
- Release and teach about insects that benefit the earth
- Make a seed viewer
- Place a potato or carrot tops in water and watch them sprout leaves and roots
- Arrange fresh flowers
- Plant a bean teepee
- Plant a sunflower house
- Contact your local Master Gardener program for more information

### Basic Tools:

- \*Gardening gloves
- \*Knee pad
- \*Trowel
- \*Watering can
- \*Hand shovel