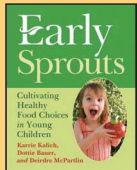




## USEFUL RESOURCES

### KEENE STATE EARLY SPROUTS GARDEN PROJECT

[www.keene.edu/cdc/sprouts.pdf](http://www.keene.edu/cdc/sprouts.pdf)



### EARLY SPROUTS: CULTIVATING HEALTHY FOOD CHOICES IN YOUNG CHILDREN

<http://keene.edu/cdc/sprouts.pdf>

**KIDDIE GARDENS**  
[www.kiddiegardens.com](http://www.kiddiegardens.com)

**UPPER VALLEY TRAILS  
ALLIANCE**  
[www.uvtrails.org](http://www.uvtrails.org)

**VITAL COMMUNITIES**  
[www.vitalcommunities.org](http://www.vitalcommunities.org)

**UPPER VALLEY  
LOCALVORE**  
[www.uvlocalvore.com/recipes](http://www.uvlocalvore.com/recipes)

**NH STATE PARKS**  
[www.visitnh.gov/pdf/stateparks.pdf](http://www.visitnh.gov/pdf/stateparks.pdf)

**NH DEPARTMENT  
OF TRANSPORTATION**  
[www.nh.gov/dot/nhbikeped/map-dls.htm](http://www.nh.gov/dot/nhbikeped/map-dls.htm)

## GARDENING PROJECTS For Kids

■ <b>Seedlings:</b>	Get children excited about gardening by giving them their own space in which to grow various plants from seed. They will get to tend their garden patch and learn how different seeds sprout and grow.
■ <b>Enchanted Forest:</b>	Foster your child's imagination by creating a tiny forest where fairies can frolic.
■ <b>Worm Mountain:</b>	Create your own worm composter and watch them go to work.
■ <b>Homemade Bird Feeders:</b>	Let the little ones create their own bird feeders by reusing milk cartons.
■ <b>Creative Planters:</b>	Anything can be turned into a flower pot. Reuse coffee cans; just paint and plant flowers.
■ <b>Roots:</b>	Let children view what's going on under the soil by planting in clear containers where they can see roots dive down and out.
■ <b>Potato Stamps:</b>	Cut potatoes in half and create shapes that can then be used as stamps.
■ <b>Insect Habitat:</b>	Grab a container and turn it into a natural habitat to attract bees, ants, and butterflies.

## TIPS FOR GARDENING WITH KIDS:

- Plant some quick growers, like radishes and lettuce, bachelor buttons and sunflowers to keep the child's interest.
- Set aside a children's garden and let the children choose their own vegetables and flowers. Teach the children responsibility, by encouraging them to weed and water the garden throughout the growing season.
- Plant root vegetables like carrots or radishes. Children enjoy tugging things out of the ground. And they just may enjoy eating those veggies if they've grown them!
- Do a theme garden. A circular pizza garden can contain segments with oregano, basil, tomatoes, onions and peppers. A taco garden can be similar, but contain cilantro, lettuce, tomatoes peppers, and jalapenos.
- Have fun with vegetables. When the pumpkin is small, scratch the child's name on it and then watch it grow with the pumpkin. Or, gently take a small cucumber or zucchini growing on the vine and place it in a bottle. Children can amaze their friends with the novel vegetable grown in a bottle.
- Grow fragrant and medicinal herbs and flowers. Lavender is a wonderful herb to grow in a children's garden. It is known as a stress reliever and helps children to calm down. Growing some near a child's bedroom window would be pleasant and may even help the child get to sleep at night.
- Toddlers will also appreciate being able to plant their own seeds and watch them grow - choose plants with large seeds which don't require too much care and grow quickly for them to begin with, as young children find it difficult to handle the smaller seeds and don't have the patience to wait for slow germinating plants!

### Upper Valley Healthy Eating Active Living Partnership:

Children's Hospital at Dartmouth, Alice Peck Day Memorial Hospital, Lebanon Schools, Mascoma Schools, Upper Valley Trails Alliance, Lebanon Recreation and

Parks, Mascoma Valley Health Initiative, Vital Communities / Valley Food & Farm, Willing Hands Enterprises.

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Harvard Pilgrim Healthcare Foundation, Endowment for Health, and New Hampshire Charitable Foundation. UV HEAL is hosted at CHaD, the Children's Hospital at Dartmouth.  
[www.uvheal.org](http://www.uvheal.org) (603) 653-3455

