



READY, SET, GROW!



Dear Parent,

I don't know any parent who is immune to the challenge of getting their kids to eat their vegetables. A side of steamed Brussel sprouts or a heaping serving of peas never elicit the same elated reaction as pepperoni pizza or chicken tacos. And while there are those who suggest masking the taste of veggies with other kid-friendly foods, my advice is: embrace veggies from seed to serving!

Other than the obvious health benefits, vegetables can be some of the most fun and delicious foods your children will ever eat. The best thing you can do is to help your kids learn about vegetables so they grow a genuine appreciation and love for them. Eventually they will make healthy choices when it comes to what they eat.

Making veggie eating educational and fun starts by involving kids in the process. I can't think of a better way than letting kids get dirty...by gardening. Gardening is easy, active, inspiring and fun. And the benefits go beyond the nutritional value of what you grow. In my opinion, home-grown vegetables are dramatically yummier in all ways than store brought produce. Kids love the practice of planting and picking veggies from their garden. And you'll find that preparing a family meal is a much more rewarding experience when you involve kids in growing, harvesting and preparing the food.

I hope my advice in the following curriculum will help you and your child get growing and loving veggies!

Jeanne Pinsof Nolan