



Resource List:

Kids in the Garden

Learning about gardening helps young children connect directly to the process of growing local foods and understanding where their meals come from. When children plant seeds, water plants, and watch them grow, they experience firsthand how care and patience lead to healthy fruits and vegetables. Gardening teaches responsibility, observation, and respect for nature while showing that food doesn't just appear—it's cultivated by people and supported by the environment. Including activities like seed planting, watering routines, and harvesting vegetables can help early learners appreciate the value of local foods and the effort behind them.

EDUCATIONAL HAND-OUTS & ACTIVITIES:

- [Watering the Garden](#)
- [Weeding the Garden](#)
- [Making Seed Balls](#)
- [Garden Songs](#)
- [Gardening with Kids Basics](#)
- [Winter in the Garden](#)
- [Pocket Planter](#)
- [Teaching Nutrition in the Garden](#)
- [Planting a Garden Worksheet](#)
- [Interactive Spring Planting Calendar](#)
- [Read in the Garden](#)
- [Gardening at Home](#)
- [ECE Garden Program](#)
- [Grow Your Own Salad](#)
- [Planning the Garden](#)
- [Planting the Garden](#)
- [Caring for the Garden](#)
- [Make Your Own Vegetable Markers](#)

BOOKS TO READ:

- [The Curious Garden](#) - Peter Brown
- [Garden Adventures](#) - George Harper
- [Bear and Bunny Grow Tomatoes](#) - Bruce Koscielniak
- [Water, Weed, Wait](#) - Edith Hope Fine
- [Messy McFarlen's Tomato Garden](#) - Barry Brandon Waldo
- [Plant it! Grow it, Eat It](#) - Little Grasshopper Books

North Iowa
Children's Alliance

