



in partnership with



National Kidney Foundation[®]
of Michigan

MICHIGAN HEALTH
ENDOWMENT FUND

THE GARDEN AT THE END OF REGIE'S RAINBOW

Dear Parents or Caregivers,

This week, your child learned about where Regie can get all of his favorite fruits and vegetables...in a vegetable garden! We read Lois Elhert's book, "Growing Vegetable Soup", where a child and their parent grew all the veggie needed to make delicious veggie soup!

Have you ever thought of growing a vegetable garden? Growing a garden with children can be a great way to introduce them to where fruits and vegetables come from. Gardening is also a great physical activity. Garden fresh vegetables are especially flavorful and packed with nutritious vitamins and minerals. When children have the experience growing their own, they may be more likely to try them when they are on the dinner table. Most can be eaten both fresh or prepared in your favorite recipes. Introducing new fruits and vegetables in a variety of ways can be a great way to help your child develop their tastes and preferences for healthy food at a young age.



TRY GROWING A GARDEN!
KIDS LOVE THESE VEGGIES THAT CAN
BE GROWN IN DETROIT



SPINACH



ZUCHINNI



LETTUCE



CHERRY TOMATO



COLLARD

GROW VEGETABLES AT HOME WITH YOUR CHILD...START SMALL WITH A CONTAINER GARDEN



Try your hand at a garden with containers! Quick growing, small crops like lettuce, spinach or herbs are easy to grow in a container. You can also grow larger crops like tomatoes or collards, but be sure to choose a bigger pot (18 inches or more in diameter). Fill the container with potting soil (make sure there are drainage holes before you fill) and plant your seeds or plants according to spacing recommended, making sure to not overcrowd your container. Containers tend to dry out quicker, so you may need to check more frequently to keep them watered. For best results, containers should be kept outside in a sunny location. If growing herbs, some indoor locations may be suitable if there is enough light.



FAMILY TASTE TEST!

FRESH SWEET PEAS VS. COOKED PEAS

Fresh snap peas are sweet and crunchy.

Cooked peas melt in your mouth.

Which do you prefer?

Find out with a taste test at home, voting at the end of dinner to see which wins!

Preparation:

Fresh Peas: Wash and remove the stem.

Cooked Peas: Microwave or steam peas and season with butter and/or salt, to taste.



KEEP GROWING DETROIT

To receive seeds and plants, learn how to garden or find places to purchase Detroit-grown vegetables, check out

www.Keepgrowingdetroit.org

www.facebook.com/keepgrowingdetroit

313-656-4769

Info@keepgrowingdetroit.org

