



Use these Vermont products in your snack program this month:

Apples
Carrots
Parsnips
Potatoes
Turnips



Farmers store root crops year-round. If you need assistance locating these products, see the Resource section.

Other April Celebrations

- Earth Day
earthday.org
- National Arbor Day
arborday.org

Celebrating...

NATIONAL GARDEN MONTH

When you garden, you grOW!



EVERY APRIL, communities, organizations, and individuals nationwide celebrate gardening during National Garden Month. Gardeners know, and research confirms, that nurturing plants is good for us: attitudes toward health and nutrition improve,

kids perform better at school, and community spirit grows. Join the celebration and help to make America a greener, healthier, more livable place! Find out more at:

nationalgardenmonth.org.

Amazing Garden Facts!

Did you know...

- **Worms** can move stones that weigh 50 times their own weight and they love to eat coffee grounds.
- A **Hummingbird** will feed at over 1500 flowers in an average day.
- **Ladybugs** are the most commonly used form of biological pest control; they can eat up to 50 aphids (tiny bugs that eat garden plants) in one day.
- The largest **rose** in the world is in Arizona and covers over 8,000 square feet.
- The **daisy** got its name because the yellow center resembles the sun. The flower was commonly known as the “day’s eye” and over time it was shortened to the daisy.

Why Youth Gardens?

If they grow it, they will eat it!

Gardening benefits children's health and well being, their attitudes towards learning and the environment, their connections to the community and much more.

Gardening...

- Offers active and engaging connections to academics, from science and math to nutrition and literacy
- Helps students remember information better when they engage in hands-on learning
- Captures kids' interest, teaches nurturing skills, gives them a sense of pride in their accomplishments, introduces them to healthful foods, and provides a way to improve and give back to the community
- Can reduce symptoms of attention-deficit disorder and ADHD for children who spend time outdoors
- Increases respect for the environment and of all living creatures



ACTIVITIES for NATIONAL GARDEN MONTH

- ★ Design and draw a garden
- ★ Turn gourds into works of art
- ★ Decoupage a clay pot
- ★ Grow herbs for the school kitchen
- ★ Create a terrarium
- ★ Plant a window box salad garden
- ★ Read poems and stories about gardening
- ★ Write a poem with garden vocabulary words



SNACK bites

This game is a great way to encourage kids to try fruits and vegetables right from the garden.



MATERIALS:

- A cupcake pan or mini-muffin tin
- Fruits and vegetables, cut into bite-sized pieces (*peas, green beans, and cherry tomatoes are delicious freshly picked and eaten right in the garden*)
- Green tissue paper
- Tape

DIRECTIONS:

1. Fill the pan/tins with various fruits and vegetables
2. Cover with a sheet of tissue paper and tape down the sides, this is your "garden."
3. Let kids dig in the "garden" and discover all the different vegetable treats!

Resources

There are lots of gardening resources online and at your local library. Check these out for ideas to celebrate National Garden Month:

- nationalgardenmonth.com
- kidsgardening.org
- <https://garden.org/ideas/view/dave/2614/April-is-National-Garden-Month/>

■ *Weed, Water and Wait.* Edith Hope Fine and Angela Demos, illustrations by Colleen Madden, Tricycle Press 2010.