



Grow Your Own Fruits & Vegetables

Did You Know?

- Most of the plants we eat begin with seeds. Inside each seed is a tiny new plant and energy that will be used later to help that plant grow.
- When we eat plant seeds such as beans, corn or nuts, we are also benefiting from the energy that is stored in these seeds.
- Plants can also use energy from the sun to make food that is needed to grow.
- Plants use this food to grow and store extra energy in the leaves, stems, flowers, fruits, and roots.
- When we eat fruits and vegetables, we eat these plant parts that are full of healthy energy. Make sure you are eating lots of fruits and vegetables every day to keep you going.

You Don't Need to be a Farmer To Grow Your Own Produce.

If you don't have space for an in-ground garden, try a container garden. Recycled containers work great. Remember to poke holes in the bottom for water to drain! Try using one of the items from the list below.

- Yogurt containers
- Strawberry containers
- Reusable grocery bags
- Buckets

Start with one plant. Beans, salad greens, cucumbers, and radishes are easy to grow.

Take Action!

- Explore the produce section at your local market for new foods to try at mealtime.
- Plant a small container garden with your child using a cardboard box lined with newspaper. Fill it with potting soil and plant lettuce or spinach seeds.

Grow Your Own Beans

Try growing a bean plant with your child using dried beans from the grocery store, such as lima beans. All you will need is a small container, such as a cottage cheese container, a rinsed soup can or margarine dish, with small holes poked in the bottom:

- Fill the dish with soil and place the bean in the soil and lightly water.
- Keep the soil moist and place in a sunny window.
- After 3-4 weeks, you can replant the bean in a larger container with drainage holes in the bottom and place it outside to grow.
- Many bean plants will produce a vine and will need to grow up a fence or trellis.
- Continue to provide plenty of water to your plant and harvest when the plant is full of bean pods.

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