

ORGANIC LIFE RECOMMENDS



10 Random Facts That You Probably Didn't...



How To Grow A Field Of Grains Right In...



How To Grow Thriving Houseplants In Water



How To Grow Ginger Indoors



How To Grow Corn

Recommended by

[GARDEN \(/GARDEN\):](#) [PARENTING \(/TAGS/PARENTING\)](#)

3 Amazing Ways Gardening Is So Good For Kids

Gardens help young children learn, be creative, and socialize from an early age in a way no textbook can.

by [Lorraine Allen \(/author/lorraine-allen\)](#) April 5, 2017



SEIYA KAWAMOTO/GETTY



Growing up, I relished my time spent harvesting [fresh mint](#) (<http://www.rodalorganiclife.com/garden/mint-growing-guide>) for tea in our [garden](#) (<http://www.rodalorganiclife.com/garden>), snipping rosemary for dinner, picking plums and popping them right in cheek, warm from the sun. I checked daily on the progress of [watermelons](#) (<http://www.rodalorganiclife.com/garden/grow-juicy-sweet-watermelons>), knocking them with anticipation, waiting to hear that hollow, ripe sound, and as the summer months went by, I measured my own growth against the towering [sweet corn](#) (<http://www.rodalorganiclife.com/garden/corn-growing-guide>). But it wasn't until adulthood, when I became a mother, that I really thought about the important health, emotional, and cognitive [benefits of gardening](#) (<http://www.rodalorganiclife.com/garden/5-surprising-ways-gardening-improves-your-health>) with kids, and it turns out there are many, to be enjoyed at all ages.

(Whether you're starting your first garden or switching to organic,



[DiscoverTheForest.org](#)

ADVERTISEMENT

TRENDING STORIES



[How To Fix Aging Skin \(Do This Every Day\)](#)

HEALTH HEADLINES | SPONSORED

(<http://beverlyhillsmid.com/cmd.php?ad=847504>)



[How To Grow Gorgeous Medicinal Echinacea In Your Garden](#)

ORGANIC LIFE

(https://www.rodalorganiclife.com/garden/grow-echinacea?internal_recirc=outbrain_arr)



[Why Doctors In The Know No Longer Prescribe Blood...](#)

VIBRANTHEALTHNETWORK | SPONSORED

(<http://nmaio.primaltraffic.com/3b3f0b9d-b2a3-41d3-a9f2-b49a050c0c51?tid=outbrain&cid=outbrain>)



[How to Make Your](#)

[Rodale's Basic Organic Gardening](http://www.rodalbasicog.com/resp?keycode=258597&utm_source=Rodalesorganiclife.com&utm_medium=Web&utm_campaign=textlink)

([http://www.rodalbasicog.com/resp?](http://www.rodalbasicog.com/resp?keycode=258597&utm_source=Rodalesorganiclife.com&utm_medium=Web&utm_campaign=textlink)

[keycode=258597&utm_source=Rodalesorganiclife.com&utm_medium=Web&utm_campaign=textlink](http://www.rodalbasicog.com/resp?keycode=258597&utm_source=Rodalesorganiclife.com&utm_medium=Web&utm_campaign=textlink)) has all the answers and advice you need—get your copy today!)

GARDENING HELPS KIDS LEARN

Gardening with kids gives them “a real-life connection to what they learn in the classroom. When kids explore different animals in the garden, like [earthworms](#)

(<http://www.rodalbasicog.com/garden/understanding-earthworms>), [pill bugs](#)

(<http://www.rodalbasicog.com/garden/pill-bug>),

centipedes, ladybugs—even all the different stages of [butterflies](#)

(<http://www.rodalbasicog.com/garden/butterfly-gardening>)

from caterpillar to chrysalis—the experience brings

science, food and health to life for them,” explains Alexandra

Forrester, Co-Founder and Director of [Kaleidoscope Garden Design](#)

(<https://www.facebook.com/klgdesign/>) based in Westchester, NY,

where she builds and grows school and residential gardens

specifically designed as hands-on educational spaces and classroom

extensions for kids and their families.

Related: [14 Insects You Actually Want To Have In Your Garden](#)

(<http://www.rodalbasicog.com/garden/14-insects-you-actually-want-to-have-in-your-garden>)

“There’s a lot of spontaneous, hands-on discovery that happens outside, which cannot occur while sitting at a desk or reading a book,” Forrester adds, and anyone who has ever been a kid stuck at a desk (or an adult, for that matter), can certainly attest to the truth, and joy, in this. (Here are [the best gardening books for kids on Amazon](#) (<https://www.rodalbasicog.com/garden/the-best-gardening-books-for-kids>).

Related: [Why Are Gardeners So Happy?](#)

(<http://www.rodalbasicog.com/garden/why-are-gardeners-so-happy>)

Beginning in toddlerhood, little ones can strengthen fine and gross motor skills and experience first-hand their own impact on their environment, as they learn to dig and [plant seeds](#)

(<http://www.rodalbasicog.com/garden/seed-starting-chart>)

to grow food and flowers, mark beds, and water and compost plants in a [compost pile](#)

(<http://www.rodalbasicog.com/garden/how-compost>). If

they have the benefit of repeated exposure to a garden, or even

simply a [raised vegetable garden](#)

(<http://www.rodalbasicog.com/garden/7-secrets-high-yield-vegetable-garden>)

or [container garden](#)

(<http://www.rodalbasicog.com/garden/container-gardening-101>),

kids can hone their observation skills and develop

scientific understanding, as early as preschool years, as they watch

plants change and grow, over time. Recording these findings in a

notebook is a great way to practice literacy and artistic skills while

recognizing efforts and progress.

Related: [6 Gorgeous Examples Of How To Use A Bullet Journal To Plan Your Garden](#)

(<http://www.rodalbasicog.com/garden/how-to-use-bullet-journal-in-garden>)



Cologne Last Longer

MEN'S HEALTH

(http://www.menshealth.com/style/how-to-make-your-cologne-last-longer?internal_recirc=outbrain_arr)



Babies R Us B is for Bear Changing Pad Cover

BABIES "R" US | SPONSORED

(https://cat.va.us.criteo.com/delivery/ckn.php?cppv=1&cpp=7BP7WHxkLzIxcE9YN0ZUaU8zNHIOZF0TVJpQnBZMHBOT2Z6bTd2Q1dkcEZGOUVPTe1uaTlzQ2tLb2h1UkxXOFZyWXQ4R2w4T2dvdmcxdU11Rk8wK0hrYjVEbnRGZlpVdTg3NmdFV253WkY4Sm5Cc201ODbxNnAwUHhrMnhUanBCVkpJMVJ1Z0pOM3hXVkvBVThvZ2s4TDZSTmtoNwV3U0RpZ1R5NGMvUIZRZnV0WmhlZTI0eWptVXhDOGf1TkVhTlzUVBoazc2anhBUkNQK3gwZUx1SnP1bFFHdEcXZN6NVhxUDInaVp2WkpSM0N6SFUyNGpXaEtrMUd2OUMzTFNvOTYweVE3c0hFOVZhZ1ZSQng2VFFVTlorYWduY1NCOTR0aEtCN09XVW12YmZDRm5keKVISWZtaC83NXBxSXRCRIkzSU1wcWZtNwsreHhNU0Q0VUIQMvVuS1JjTlFnb1RRQk9TdkVlVnh5RkZJZdlk9fA%3D%3D&maxdest=http%3A%2F%2Fd.agkn.com%2Fpixel%2F8539%2F%3Fche%3D599c6312621a5f0c0a55e8be953513e9%26col%3D25949%2C0%2Czoneid%2C0%2C4268546%26l0%3Dhttps%3A%2F%2Fwww.toysrus.com%2Fproduct%3FproductId%3D28338916%26source%3DCA_DF%3A28338916%3ABRUS)



5 Invasive Trees You Should Never, Ever Plant

ORGANIC LIFE

(https://www.rodalbasicog.com/garden/invasive-trees?internal_recirc=outbrain_arr)

Recommended by **Outbrain**

(<https://www.outbrain.com/what-is/default/en>)



(https://www.rodalbasicog.com/food/national-content?prx_t=K_MCAYhMSAIkINA&ntv_fr)

ADVERTISEMENT

(https://www.rodalbasicog.com/food/national-content?prx_t=K_MCAYhMSAIkINA&ntv_fr)

An Outdoors Experience You Can Trust

KIDS WHO GARDEN ARE MORE WILLING TO TRY NEW FRUITS AND VEGETABLES

“Many people [garden with children](https://www.rodalorganiclife.com/garden/the-best-gardening-books-for-kids) (<https://www.rodalorganiclife.com/garden/the-best-gardening-books-for-kids>) for the nutrition and health benefits, and it is true that these kids are more likely to try new fruits and vegetables as a result. We see this all the time in our gardening programs,” agrees James Boyer, Stavros Niarchos Foundation VP for Children’s Education at [The New York Botanical Garden](http://www.nybg.org/edu/index.php) (<http://www.nybg.org/edu/index.php>), in the Bronx, NY. “At the same time, gardening has many physical and social-emotional benefits, such as exercise involved in digging and planting, as well as relieving stress and improving mood,” Boyer adds. Overall, “it’s a great way to be healthy,” he affirms.



Small Space, Little Time, Huge Harvest! GROW FOR IT! ▶

Children of all ages learn where food comes from, when they grow edible produce. But even more importantly, perhaps, they also become naturally engaged and interested in tasting new flavors, textures and varieties of foods, which can bring lasting health benefits and help develop [healthy eating](http://www.rodalorganiclife.com/tags/healthy-eating) (<http://www.rodalorganiclife.com/tags/healthy-eating>) habits for life.



Kids will discover, for instance, that while one [radish](http://www.rodalorganiclife.com/garden/radish-growing-guide) (<http://www.rodalorganiclife.com/garden/radish-growing-guide>) might be sweet, another variety will taste spicy on their tongue. Or that while some leafy greens are bitter, some are buttery, and others taste spicy, or bland. Some greens, such as [kale](http://www.rodalorganiclife.com/garden/growing-kale) (<http://www.rodalorganiclife.com/garden/growing-kale>) or chard, are frost resistant, and have the added benefit of growing back after you cut the leaves and eat them, while others, like bib lettuce, are more delicate and mild, cannot handle very high or low temperatures, and do not grow back after harvest.

*(Sign up for our **FREE** newsletter (http://www.rodalorganiclife.com/newsletter?cid=articletextlink_KidGardening) to get clever kitchen tricks, gardening secrets, and more delivered straight to your inbox!)*

GARDENING GIVES KIDS AN OPPORTUNITY TO CONNECT

(https://www.rodalorganiclife.com/food/nativo-content?prx_t=K_MCAYhMSAIkINA&ntv_fr)

BY [DURACELL](#)

([HTTPS://WWW.RODALESOR
COM/FOOD/NATIVO-CONTEN
PRX_T=K_MCAYHMSAIKINA&](https://www.rodalorganiclife.com/food/nativo-content?prx_t=K_MCAYhMSAIkINA&ntv_fr)



(https://www.rodalorganiclife.com/food/nativo-content?prx_t=K_MCAYhMSAIkINA&ntv_fr)

ADVERTISEMENT

(https://www.rodalorganiclife.com/food/nativo-content?prx_t=K_MCAYhMSAIkINA&ntv_fr)

An Outdoors Experience You Can Trust

(https://www.rodalorganiclife.com/food/nativo-content?prx_t=K_MCAYhMSAIkINA&ntv_fr)

BY [DURACELL](#)

([HTTPS://WWW.RODALESOR
COM/FOOD/NATIVO-CONTEN
PRX_T=K_MCAYHMSAIKINA&](https://www.rodalorganiclife.com/food/nativo-content?prx_t=K_MCAYhMSAIkINA&ntv_fr)

FREE NEWSLETTER

Enter email address here



YOU MAY UNSUBSCRIBE AT ANY TIME.

[PRIVACY POLICY](#)

([HTTP://WWW.RODALEINC.COM/CU
STOMER-CARE/PRIVACY-POLICY/](http://www.rodaleinc.com/customer-care/privacy-policy/)).

[ABOUT US](#)

([HTTP://WWW.RODALEINC.COM/CO
NTENT/ABOUT-US](http://www.rodaleinc.com/content/about-us)).

In a garden, however small, the cycle of life comes alive for kids in ways that no textbook or teacher can convey. Gardening promotes social interaction, communion with nature, and bridges age gaps by bringing together family and community members generations apart, as they enjoy working side by side.

A garden offers kids a place to grow, to observe life, to meditate on the beauty and wonder of nature, either alone, with peers, parents or grandparents, and to enjoy and embrace the simple act of being a living, breathing, useful part of our earth, which we connect with, in this digital age, less and less—unless we take the time to stop and dig in the dirt, once in a while.

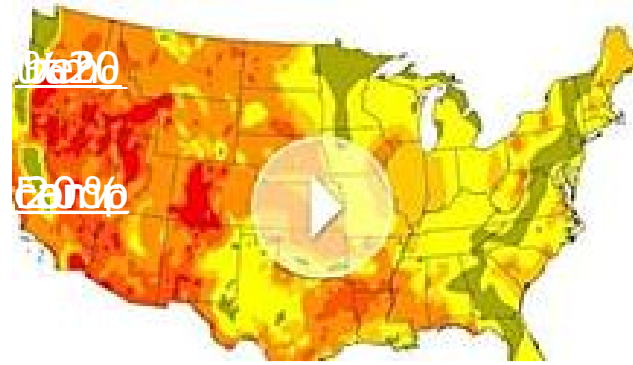
Tags: [PARENTING \(/TAGS/PARENTING\)](/TAGS/PARENTING)

[KIDS \(/TAGS/KIDS\)](/TAGS/KIDS)

[SCHOOL \(/TAGS/SCHOOL\)](/TAGS/SCHOOL)

SPONSORED STORIES

Recommended by  [Outbrain \(https://www.outbrain.com/what-is/default/en\)](https://www.outbrain.com/what-is/default/en)



The Most Important Map of America You Will Ever See (See Map)

BANYAN HILL PUBLISHING
(<https://banyanhill.com/exclusives/o-massive-infinite-energy-spans-entire-u-s-2/?z=642893>).



What Causes Psoriatic Arthritis?

YAHOO! SEARCH
(<https://padlock.link/psoriaticarthritisuses>)



Babies R Us B is for Bear Changing Pad Cover

BABIES "R" US
(https://cat.va.us.criteo.com/delivery/ckn.php?cppv=1&cpp=v9AGG3xkLzIxcE9YN0ZUaU8zNHIOZFZ0TVJNSzJvdGtNEJrNUhRYmFBbVpNT3RaTUd4WTIXUnBhd3dkVXRXdDVtMm5pUHgzMHR6NWJ5eG5IM1d6RDV2c0JDV1ptWDNOUFISTmZCOEtnV3I4aGhyeWlwa0JCMEp1aTBDMXlpR3lGN2dxekhTZzNRdXJ4K3QvdjNuRXVZSitZWmh4T0xXeThjeU9QSzBNOVNtVzV5ZDBxUDZLVEF1OXJXUWRPRGF5TnBENDRCeEZ5cE9QTkpZYkVJR0pqQjhFSXZISytlMkUzUUxMMWRWZExOajJ2L3dZS25rczc5ZTZDdGpQZVZvamJvNXZCTCt4b0QzYWIGelBweIgvK0EvbW1tRFk0QnFPcHUwSjVTRXdScUZreXRjRytFQXV2ZTBiYlhkclVnV0tZREZWNngzdmNjNmxFWWdUTGllclBPWVFyRkgvdGxrTGp1LytEZTRIVy9TQytmYIE9fA%3D%3D&maxdest=http%3A%2F%2Fd.agkn.com%2Fpixel%2F8539%2F%3Fche%3D599c6314f1099fa0df65fc15277168fc%26col%3D25949%2C0%2Czoneid%2C0%2C4268546%26l0%3Dhttps%3A%2F%2Fwww.toysrus.com%2Fproduct%3FproductId%3D28338916%26source%3DCA_DF%3A28338916%3ABRUS)



24 Makeup Tips All Older Women Should Know

FRONT PAGE WEEKLY
(http://www.frontpageweekly.com/makeup-tips/?utm_source=outbrain&utm_medium=referral&utm_campaign=fpwmakeup-mobile).



How To: Fix Thinning, Dry Lips (Do This Everyday)

VITAL UPDATES

(<http://citybeauty.com/cmd.php?ad=860662>).



How To Pay Down Your House At A Furious Pace If You Owe Less Than \$300k

LOWERMYBILLS.COM

(<https://www.lowermybills.com/lending/home-refinance/?sourceid=lmb-46777-94964&moid=65624>).



Researchers Discover the Easiest Way to Quit Smoking

YOUR BETTER TOMORROW

(<http://www.yourbettertomorrow.com/presale/easiest-way-to-stop-smoking-10.php?eid=Mjg&var1=outbrain-LL10&&var3=0078740fc7605d5b0de6d3b4a5edb19be1>).



Simple Method "Regrows" a Full Head of Hair (Try It Tonight)

REGROWHAIRPROTOCOL.COM

(http://track.rimrket.com/fdad119a-dfb0-4c05-a58e-7b41016e9d5a?ADID=009b1cd70256f80b504d1ef8924b236501&Title=Regrow+Hair+Protocol+-+Official+Website&Camp=Protocol%20-%20August%20§id=00b2dd1032d61adcedceaeb0b7899f4bd0&pubid=NO_PUBLISHER_ID&).

MORE FROM ORGANIC LIFE



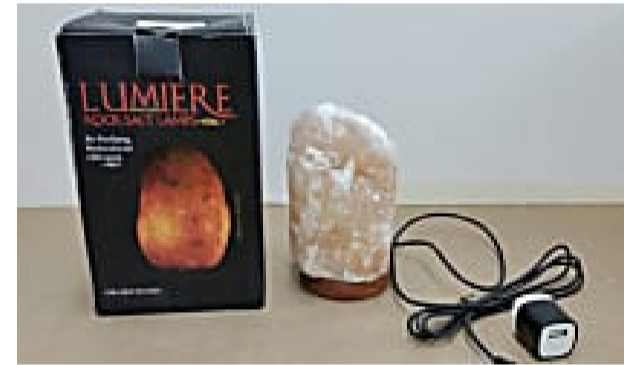
How (And Why) To Grow And Eat More Beets

(http://www.rodaleorganiclife.com/garden/how-to-grow-beets?internal_recirc=outbrain_af).



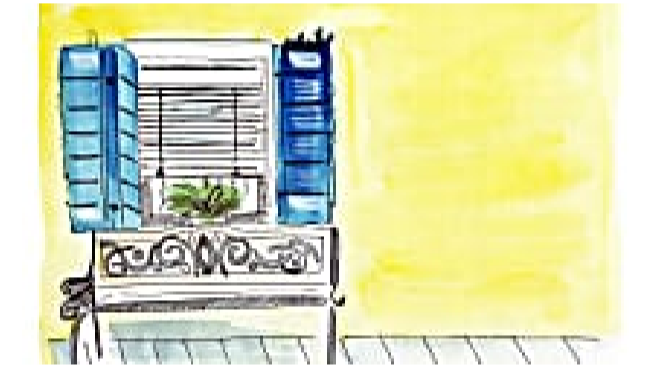
How To Grow Asparagus

(https://www.rodaleorganiclife.com/garden/how-grow-asparagus?internal_recirc=outbrain_af).



Even More Himalayan Salt Lamps Recalled Over Fire Hazard

(https://www.rodaleorganiclife.com/home/even-more-himalayan-salt-lamps-recalled-over-fire-hazard?internal_recirc=outbrain_af).



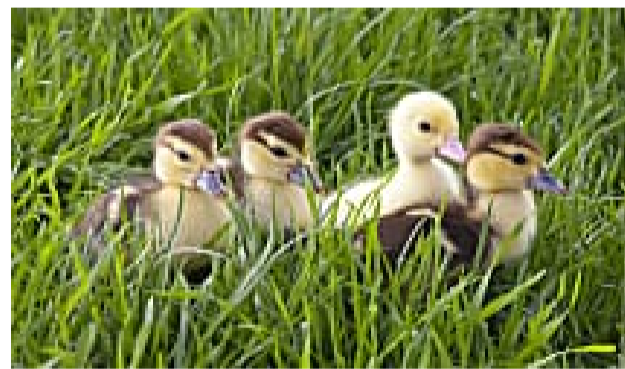
10 Best Shade Plants For Your Porch

(https://www.rodaleorganiclife.com/garden/10-best-shade-plants-for-your-porch?internal_recirc=outbrain_af).



7 Rules Every Tomato Grower Should Follow

(https://www.rodaleorganiclife.com/garden/7-rules-every-tomato-grower-should-follow?internal_recirc=outbrain_af).



4 Reasons To Adopt Some Baby Ducks

(https://www.rodaleorganiclife.com/home/4-reasons-to-adopt-some-baby-ducks?internal_recirc=outbrain_af).



51 Plants That Don't Need A Lot Of Sun To Thrive

(https://www.rodaleorganiclife.com/embrace-shade-create-diverse-and-beautiful-gardens?internal_recirc=outbrain_af).



6 Foods You Think Are Vegan That Actually Aren't

(https://www.rodaleorganiclife.com/food/6-foods-you-think-are-vegan-that-actually-arent?internal_recirc=outbrain_af).

Comments

SHOW COMMENTS



ONLY
YOU
CAN PREVENT
WILDFIRES.

SmokeyBear.com |

