

Gardening

Children need to eat fruits and vegetables every day. Growing some food for your family can improve your children's health.

HERE ARE SOME STEPS YOU CAN FOLLOW:



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▶ 1. LEARN HOW TO GROW FOOD SUCCESSFULLY IN YOUR AREA

- It helps to know the best way to grow food in your climate and type of soil.
- Government agriculture specialists are a good resource. Local Church leaders may also suggest resources.
- Friends, neighbors, or Church members with gardening experience may be helpful.



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▶ 2. CHOOSE WHAT TO GROW

- Choose plants that grow well in your climate and soil, and in the space you have.
- Choose foods your family will eat.



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▶ 3. FIND A GOOD PLACE

- Find a sunny place. Vegetable plants need about 6 hours of sunlight a day.
- Choose a place you can get water to.
- You can also plant in containers such as buckets, pots, or large cans. Make sure there is a way for water to drain out.



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▶ 4. PREPARE THE SOIL BEFORE PLANTING

- Dig to break up chunks of soil.
- Add fertilizer or other materials to your soil if needed.



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▶ 5. WATER IS KEY

- Make sure your plants get enough water.
- Learn how to tell when your plants need more water.

What is a first step you could take to grow some fruits or vegetables?

