



**Gardening Tips
From the
Kendall County
Health Department**



KENDALL COUNTY
HEALTH DEPARTMENT

Benefits:

- Helps you eat more fruits and vegetables
- Increases availability of fresh produce
- Promotes healthy eating for you and family
- Money saver
- Vegetables that ripen in the garden have more nutrients than some store-bought
- Allows control of fertilizers and pesticides
- Promotes physical activity
- Promotes family time and memories with your children
- Inspire new interests, knowledge and skills (cooking, nutrition, landscape design, photography, etc.)
- Get some Vitamin D



Getting Started:

- Find a good site with plenty of sunlight, at least 6 hours each day near a watering source
- Start small; 10 x 10 plot, garden box, raised bed or flower pot
- Consider a community garden if you do not have a spot in your yard
- Think about animals; may need a small wire fence to protect plants from critters
- Use loose, fertile, well-drained soil and try to avoid clays and sandy soils
- Choose plant varieties that you and your family will enjoy and will grow well in your area such as tomatoes, peppers, onions, corn, peas, etc.
- Don't overplant. Consider spacing of plants to allow for air flow. When planted too close together more prone to problems



Planting:

- Soil: tilled or spaded and not too wet, should crumble easily
- Vegetables must be planted at the right time, depth, and distance apart

Vegetable	Planting Time
Tomato	After frost free date (May 1 st)
Pepper	After frost free date
Carrots	Mid to late April
Onions	March or early April
Green Beans	After frost free date

Vegetable	Row Width
Tomato	4 feet
Pepper	3 feet
Carrots, Onions, Green beans	1.5 feet

- Plant small seeds in shallow trenches and large seeds in deeper
- Hill method of planting: several seeds placed in one spot: Corn, squash, melons, and cucumbers
- Drilling method: space seeds evenly down row-most seeds
- Transplant: plant in hole large enough to set deeper than the container, cover roots with soil, firm the soil around the plant

How Kids Can Help:

- Planting: dig holes, place seeds, laying mulch
- Pulling weeds
- Search for worms
- Watering: use a hose with gentle setting or small watering can
- Harvesting: with kid-size scissors or with their little fingers have them cut/pick veggies and fruit when ready

5 Veggies Kids Can Grow Easily:

1. Tomatoes
2. Cucumbers
3. Zucchini
4. Peppers
5. Green Beans



Tips for Making Gardening Fun for Kids:

- Start small. For planters use window boxes or containers such as recycle clean milk containers. Cut off the tops and use them as planters.
- Leave an area where kids can look for earthworms and dig, even after planting.
- Find them their own tools. Get some child-sized tools or plastic spoons and shovels for kids.
- Let them pick the seeds to plant.
- Make a secret place in the garden for your kids. Leave a space between the stalks of easy-to-grow sunflowers or bean poles so they can crawl "inside."
- Kids like extremes, so plant huge flowers, like sunflowers, and small vegetable plants, like cherry tomatoes.
- Engage children's senses. Allow them to touch and feel the leaves, smell the herbs, identify colors, pick veggies and fruit to taste.
- Teach your kids how to compost. Find a place behind a tree, or dig a hole in the ground. Toss in rinds and peels from fruit, coffee grounds, eggshells. When it turns black and crumbly you can mix it with soil and use it as fertilizer for your garden.
- Take a trip to the library to look for gardening how-to books and storybooks.



Include plants that attract butterflies.

A Garden Journal is **your own personal diary** of what happened in your garden. It will be a daily record of your achievements from year to year and of the changes you've made to your garden. It's also a great way to record how much you've learned from the very first time you planted a garden to now.

Your journal should be **a daily record** of what you did in the garden, how you did it, what the weather is like, your successes and failures, what grew well, what did not, varieties you used and how they did, exciting things you saw or did and any other comments you may have about you garden.

Use the next few pages to begin your journal!





My First Garden

My Garden Journal

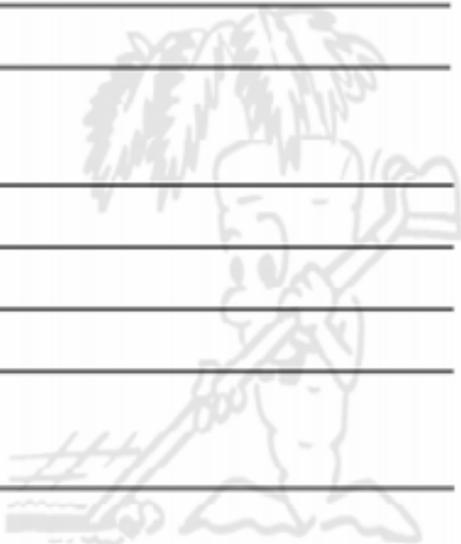
Date _____
Temperature _____
Weather _____



What I did in my garden today...

I especially liked...

Things to do...





My First Garden

My Garden Journal

Date _____

Temperature _____

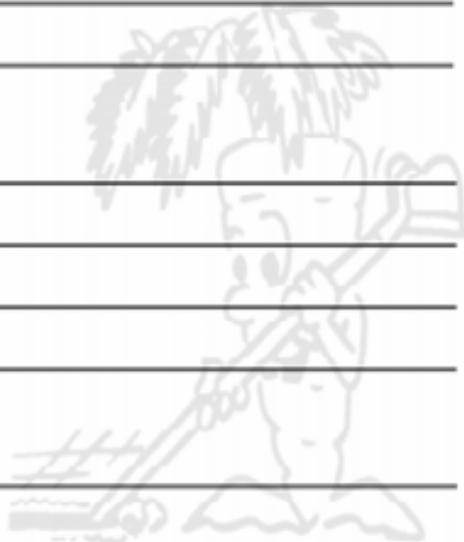
Weather _____



What I did in my garden today...

I especially liked...

Things to do...





My First Garden

My Garden Journal

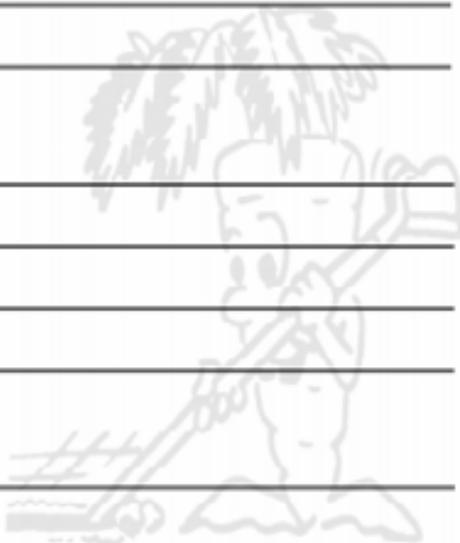
Date _____
Temperature _____
Weather _____



What I did in my garden today...

I especially liked...

Things to do...





My First Garden

My Garden Journal

Date _____

Temperature _____

Weather _____



What I did in my garden today...

I especially liked...

Things to do...





My First Garden

My Garden Journal

Date _____

Temperature _____

Weather _____



What I did in my garden today...

I especially liked...

Things to do...

