

HEALTHY HABITS

FOR FAMILIES



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Planting a Kitchen Garden

Parent Tip Sheet #18

Tips:

- Try planting an indoor herb garden
- Pick herbs that you like and will use for cooking
- Some great examples of herbs are chives, parsley, basil, mint, sage, and thyme



Things to Consider



Light: Most plants need several hours of direct sunlight to thrive. For this reason, kitchen windowsills are a perfect place to keep your plants. Your herbs will also be on hand while cooking.

Soil: Herbs are a great way to get into gardening because they are usually hardy plants that thrive in a variety of soils. Neutral or slightly acidic soil is best.

Watering & Fertilizer

- Be careful not to over water your herbs. Use pots that drain well and place a layer of small stones at the bottom of the pot to promote drainage. Make sure to check your plants often – humidity will determine how often you should water your plants. The soil should be moist, not saturated. Some herbs also like occasional misting.
- Most house plants are killed with kindness, not neglect. Don't fertilize your herbs too much. Overfeeding herbs may cause their flavor and aroma to diminish.

Try this! “Pizza Garden”

Grow herbs in clay pots that you can use to season your pizza. Decorate the big clay pots with your children and label each plant.

Examples: Basil, oregano, cilantro



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