

# Southborough LibGuide: Gardening for Kids

Although Earth Day is in April, let's celebrate Earth Day every day! We can each make a difference by doing little things like using a reusable water bottle, conserving our natural resources and planting a garden.

Consider planting seeds with children indoors, which you can then plant outside together. It's easy and fun!

## Getting Started

All you need to get started is:

- A container:  
Look around your house and think "re-use" rather than "buy new." You could use old k cups, egg cartons or yogurt containers. (Pro tip: be sure to poke a few holes in the bottom of plastic containers to let excess water seep through.)
- Potting soil
- Seeds  
The Southborough Library Seed Exchange offers many seeds for FREE! Our selection varies so stop by and see what is available to start your garden.

## Easy to Grow Flowers

- Sunflowers - Cone Flowers
- Marigolds - Bee Balm
- Nasturtium - Marigolds

Cone Flowers attract bees and Bee Balm attracts butterflies!

## Easy To Grow Vegetables

- Lettuce - Radishes

These vegetables are considered easy and fast growing. Kids can eat what they grow in about 25 days.

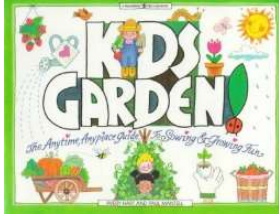


## Steps to Start Your Seeds

- Fill container with potting soil
- Moisten the surface (use a mist bottle if you have one)
- Make a hole in the soil (with a pencil or your finger!)
- Put 2-3 seeds in the hole
- Cover the hole with soil
- Put in a sunny, warm spot
- Keep the soil moist and in about a week you should see some growth
- Keep watch over them until your seedling grows about 2 inches
- Now it's time to plant outdoors. Be creative...you can plant directly in the ground or in a container
- Have fun with it and don't get discouraged. The important thing is to give it a try, learn from mistakes, and try again

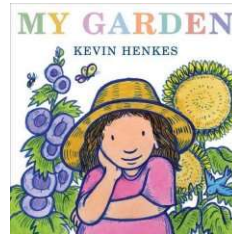
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## Resources for Families



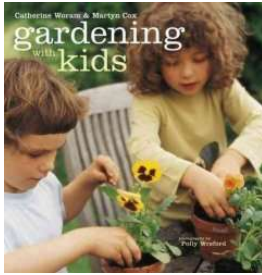
[Kids Garden!: The Anytime, Anyplace Guide to Sowing & Growing Fun](#)

By: Avery Hart



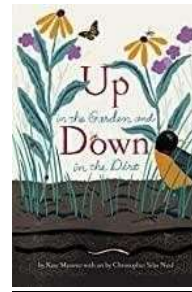
[My Garden](#)

By: Kevin Henkes



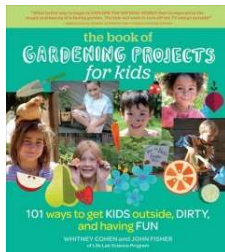
[Gardening with Kids](#)

By: Catherine Woram



[Up in the Garden and Down in the Dirt](#)

By: Kate Messner



[Gardening Projects for Kids: 101 Ways to Get Kids Outside, Dirty, and Having Fun](#)

By: Whitney Cohen



[Ada Twist Scientist: All About Plants](#)

By: Andrea Beauty & Theanne Griffith

## Share Your Progress

Be sure to take photos and email them to [rdonovan@southboroughma.com](mailto:rdonovan@southboroughma.com) so we can post them on our Facebook and Twitter pages. Remember to use hashtag [#sblibSeeds](#)