

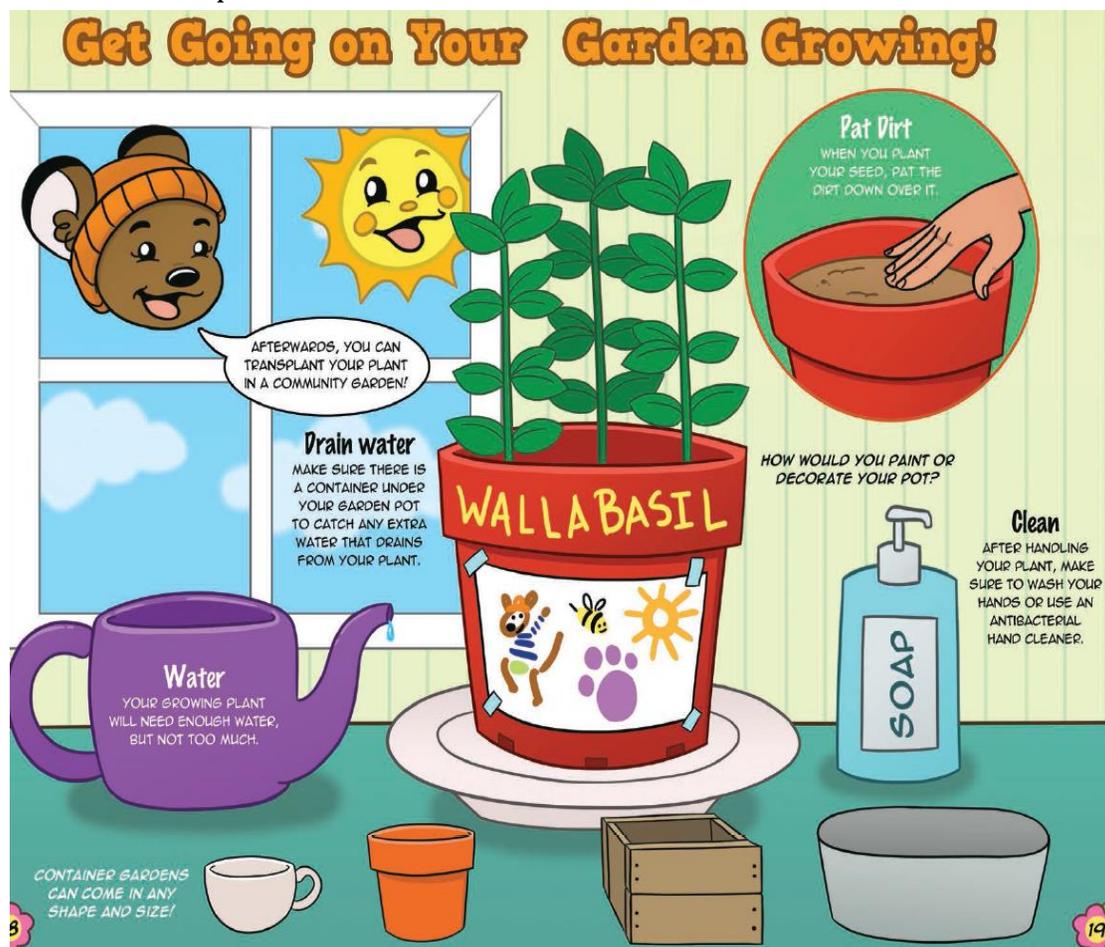


Time to Grow!

Everything is getting greener. It's the perfect time of year to watch things grow. The best place for me to do that is in my very own garden. Did you know that people have been planting gardens for over 10,000 years? My friend Darby Boingg is going to help me plant a garden.

There are several different types of gardens: water gardens, container gardens, community gardens and more. My place doesn't have much room to plant things like they do on a farm. Darby and I will plant some seeds in a container or a pot. There are so many good things to plant, I can't decide which ones I like best. I think I'll try a green bean seed in a pot with a tray to catch the water underneath it. What will you grow?

Take a look at some pages from the free book called, *Darby Boingg Meets Chrys and the Mums*. You can download it from the Maggie's Kids Club web page. Darby tells about her adventure in the Claytown Farmers' Market and what she learned about plants and gardening. Maybe this book will help you decide what to plant.



Here are the four categories of nutrition you can find in the garden:

- Fruits
- Grains
- Veggies
- Protein

Try this activity at home: Think of your favorite food in each of the categories. For example my favorite fruit is apples. My favorite vegetable is carrots. My favorite grain is rice and my favorite protein is beans.

Then think about which ones you would be interested in growing. If you have a yard, ask your parents to help you plant something this spring. If you don't have yard, you can go with your parents to pick out a plant that you can grow at home in a pot or see if there is a community garden that you could help with.

Here is a video that shows how healthy treats from the garden can help our health.

<http://youtu.be/aMUsVPRjLI>

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