

## Mini Farmers

Getting the kids into the garden and growing their own fruit and vegetables is great for their learning and development, and here's why:

- It encourages healthy eating. Kids are going to be excited about what they have grown and will more likely to eat or at least try what they grow.
- Helps with sensory development and building fine and gross motor skills.
- Teaches your children about responsibility and patience.



To get started on this project you will need a location for your veggie garden, this could be a simple garden pot, a recycled Styrofoam esky or a patch of soil in your garden bed. This [video](#) will provide you with tips to set up your veggie patch, including some extra ideas to decorate your pot! Don't have veggie seeds? We've got you covered, use these [vegie scrap hacks](#) to start your own veggie patch at home.

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