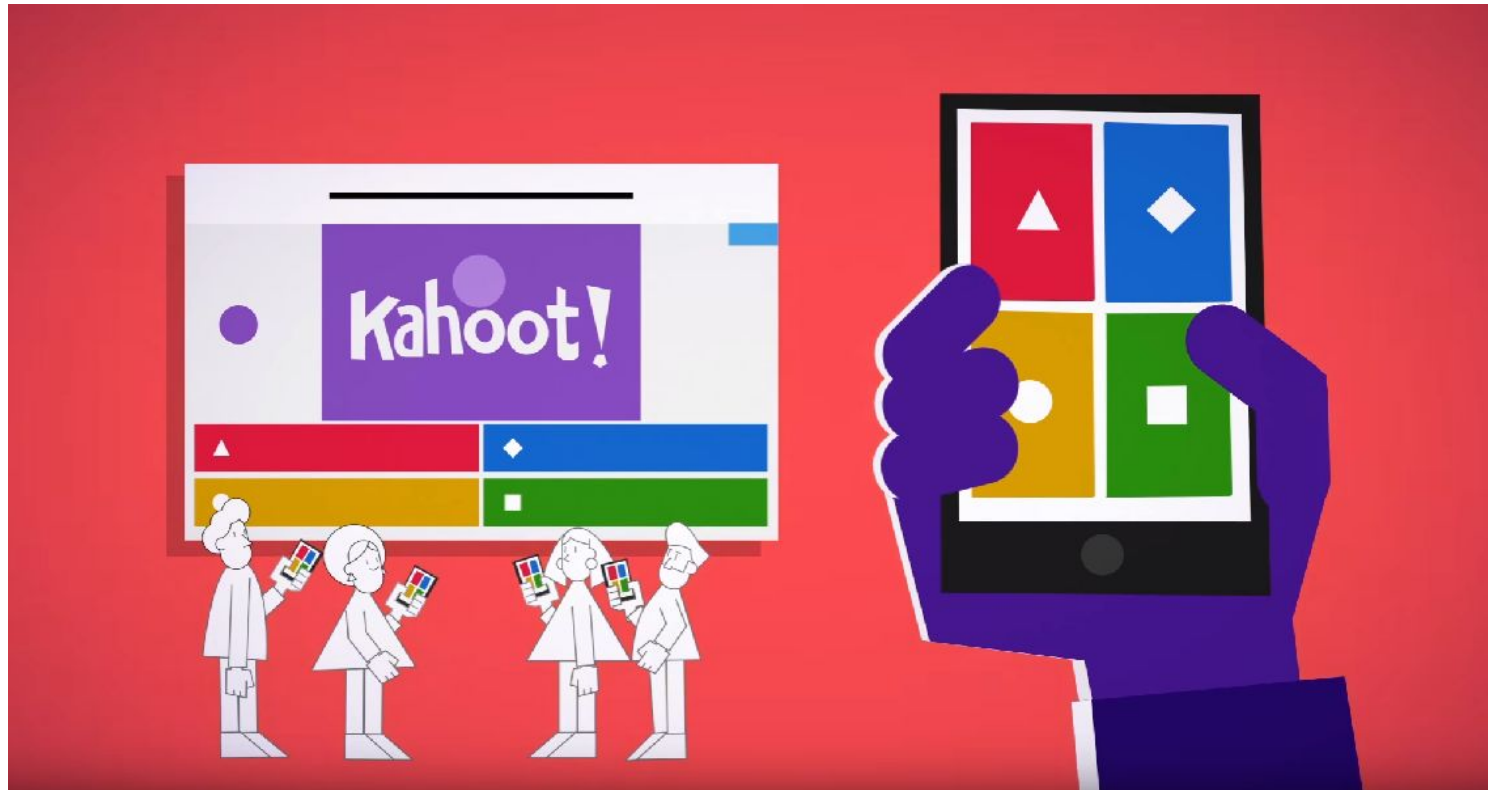


# Healthy Home Gardening

**The Benefits of Healthy Eating  
and How to Grow at Home**

# Kooky Kahoot! - click picture to play



# Why should you eat Fruits and Vegetables?

Fruits and vegetables provide essential vitamins and minerals for your body

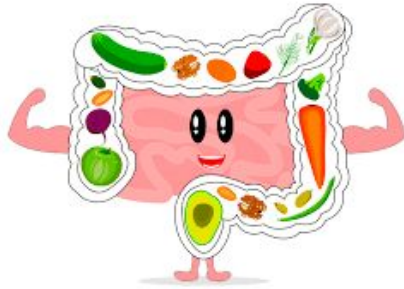


# Vital Vitamins

Vitamin A



Vitamin B6



Vitamin C



# Vital Vitamins

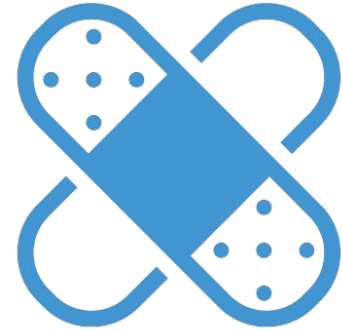
Vitamin D



Vitamin E



Vitamin K



# Magnificent Minerals

Magnesium



Zinc



Phosphorous

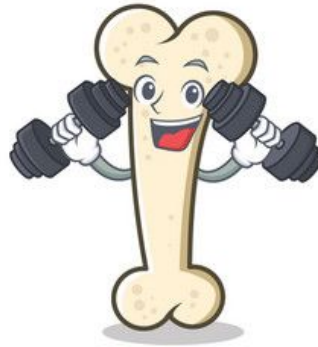


# Magnificent Minerals

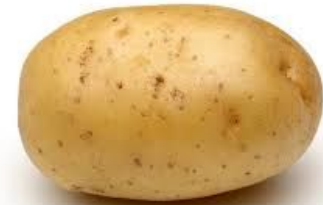
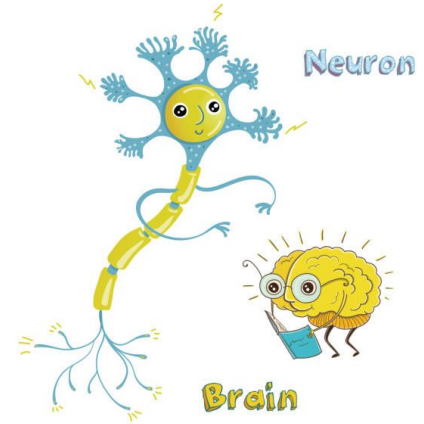
Sodium



Calcium



Potassium



What benefits do you think are in *this* tasty treat?





# A Flavorful Fruit and a Healthy Herb

## Tasty Tomatoes

Tomatoes are a source of Vitamin C, Vitamin K, potassium, and folate (a version of Vitamin B)

Tomatoes are a great source of fiber which aids digestion

Tomatoes have been linked to a lower risk of heart disease and/or cancer

Tomatoes are considered beneficial for skin health



## Benefits of Basil

Basil is a source of Vitamin A, Vitamin K, calcium, magnesium, zinc, and potassium

Basil is full of antioxidants which can help to lower the risk of heart diseases, arthritis, and diabetes

The essential oils in basil can help to fight inflammation in the body



# Planting Perfection

## Tomatoes

1. Plant tomatoes in early spring around May, after the last frost has passed
2. Plant half an inch into the soil in full sunlight
3. Water regularly
4. The seeds should break soil in about a week
5. Tomatoes should be ready to harvest within two to three months!



## Basil

1. Plant basil in early spring around May, a couple of weeks after the last frost has passed
2. Plant half an inch into the soil in full sunlight
3. Water regularly
4. The seeds should break soil in about a week
5. Basil should be ready to harvest within a month!



# Pesky Pests and Woeful Weeds

Household Herbs to Keep the Irritating Insects Away:



Basil



Garlic



Oregano



Rosemary



Thyme



Onion



Mint

Tips and Tricks to Limit Vengeful Vegetation:

- Weed early and weed often, otherwise your garden will become difficult to managed
- Remove weeds before they go to seed, otherwise they will just keep coming!
- Pull out the roots of the weed, not just the leaves, otherwise it will grow back
- Use mulch to help prevent weeds

# Wise Watering

- Water in the morning or at night, so the soil has time to absorb the water before the sun evaporates it
- Water the roots, not the stems or leaves, because wet plants will shrivel in the sun
- Water until the soil is damp to the touch, but no puddles remain after a minute
- If you use your fingers to make little wells around plants, it will keep the water from running away from the plants
- Water seeds gently after they are first planted, if they are watered too heavily, they can be washed away
- If a seedling is yellow or droopy, it may be getting too much water



# Hearty Harvest

*“Where salt is good, so is basil.” - Italian saying*

## Tomatoes

- Due to the chemical nature of tomatoes, they are one of the only fruits or vegetables that can be picked before it has completely ripened
- Tomatoes should be picked once they are a mature green, just starting to turn red
- Pick tomatoes by gently pulling the tomato while holding the stem sturdy
- Store your green tomatoes in a windowsill or a paper bag and allow them to finish ripening off the vine



## Basil

- You can start picking your basil leaves as soon as the plants are 6 - 8 inches tall
- Harvest early in the morning when the leaves are juiciest
- Harvest by simply pinching or cutting off the leaves needed
- Pick the leaves regularly to encourage growth
- You can freeze, dry, or donate extra basil from your harvest



# Refreshing Recipe - Caprese Ladybugs

This fancy favorite has a fun flying touch, as everyone's favorite bug joins the fun!

## Ingredients:

- Tomatoes
- Basil
- Balsamic Vinegar Glaze
- Mozzarella Cheese

## Recipe:

1. Put slices of cheese on a plate
2. Put a basil leaf on top of each cheese
3. Put half of a cherry tomato on top of the basil
4. Use the balsamic vinegar to give your ladybug spots and a head
5. Enjoy!!!



Ask your parent for help cutting the cheese and tomato.

# Try This!

\*Germination is the process of a seed beginning to grow

## Germination Station

1. Take a paper towel and dampen it.
2. Place the damp paper towel into a clear plastic bag so it lays mostly flat.
3. Place 7-8 seeds along one side of the bag, pressing into the paper towel.
4. Seal the bag tightly and carefully tape it to a window.
5. Within a day, the seeds should start to sprout!
6. After around a week, the first leaves should start to emerge, your seed is ready to be planted into the ground!





# Plant to Plate





# More Gardening Health Benefits

- Gardening is a form of physical activity, and helps to exercise your body and mind
- Gardening boosts mood-enhancing hormones
  - It **increases** the production **serotonin**, a hormone that makes you **happy**
  - It **decreases** the production of **cortisol**, a hormone that makes you **stressed**
- Gardening gets you outdoors
  - **Vitamin D** is obtained from the sun and is important to your health
- Studies show that people who garden eat healthier as well!

For more info go to this website: [www.healthyhomegardening.weebly.com](http://www.healthyhomegardening.weebly.com)