

Creating Home-based Edible Gardening Projects!

Have you thought of edible gardening with your family, at home? Home-based edible gardening is a great way to teach your children about nutritious foods, where they come from, what aspects of nature help our foods grow, and the world around them more generally! Home-based gardening also can be a money saver – think of all the dollars you can save by growing your own lettuces, tomatoes, peppers and more, while spending time as a family!



When thinking about home-based edible gardening, especially gardens that will be planted and maintained by everyone in your household, you may wish to consider:

- Involve **everyone**!! Ask your family members, or friends helping with your home-based edible garden, what they want to grow so they feel they have a part in the process.
- Don't think big, at least at first! Plan something *manageable* as you test the waters as home-based edible gardeners!
- Relatedly, don't worry about making your edible garden look *perfect*, it always will be a work-in-progress, especially as seasons change and you remove and replant, and thus may not be as pretty as you initially want it to be.
- If children will be involved, make sure you purchase gardening tools the children can use *safely* – this will ensure they can participate in the day-to-day care of the garden.

What type of home-based edible gardens do you want to do? You can do outdoor gardens when spring springs to life, and during winter you can do smaller indoor gardens, microgreens and lettuces and some herbs are quite easy to grow this way! See the next page for some inspirational pictures of both types of home-based edible gardens.

- For ideas and an overview about what type of outdoor garden you may want to try (in ground, raised bed, containers, etc.), review the tip sheet, "Create your Own Park & Recreation-Community Garden" found on the NRPA CHG website – it has ideas and strategies you can use at home as well!
- If you want to try indoor gardening, check out the December and January CHG newsletters for tips on how to do this type of gardening! (Newsletters are found on the NRPA CHG website)



Inspiration for Home-based Edible Gardening Projects! Become an Edible Gardener

Outdoors



Indoors!

