



The Book of Gardening Projects for Kids: 101 Ways to Get Kids Outside, Dirty, and Having Fun

By Whitney Cohen, John Fisher

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Many gardeners find that once they have children gardening goes the way of late-night dinner parties and Sunday morning sleep-ins. Raising kids and maintaining a garden can be a juggling act, leaving the family garden forgotten and neglected. But kids can make great gardening companions, and the benefits of including them are impossible to ignore. Gardening gets kids outdoors and away from television and video games, increases their connection to plants and animals, and helps build enthusiasm for fresh fruits and vegetables. Their involvement becomes the real harvest of a family garden. In *The Book of Gardening Projects for Kids*, Whitney Cohen and John Fisher draw on years of experience in the Life Lab Garden Classroom and gardening with their own children to teach parents how to integrate the garden into their family life, no matter its scope or scale. The book features simple, practical gardening advice, including how to design a play-friendly garden, ideas for fun-filled theme gardens, and how to cook and preserve the garden's bounty. 101 engaging, family-friendly garden activities are also featured, from making Crunch-n-Munch Vegetable...

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