



tip sheet: **Great Children's Garden Vegetables**

overview

We selected our favorite children's gardening vegetables based on years of runaway success stories in our own garden. Many of these are easy to prepare as snacks during time outside. We recommend growing organically while working with children, and keeping an eye on your soil health to make sure the veggies are both healthy as plants and delicious to the eater!

objectives

Participants will learn:

- to introduce a basic list of plants useful in a children's garden based on taste, yield, management and thematic garden tie-ins.
- to provide specific varieties not as set suggestions, but springboards, for buying seeds.

suggestions

Brassicas

- **Kale, Lacinato** (*"dinosaur"*)
- **Kale, Red Russian** (*"ragged jack"*)
- **Kohlrabi** (*"kohrist F1"*)
- **Broccoli** (*Romanesco*)
- **Collard Greens** (*Flash*)

Carrots

- **Scarlet nantes**
- **Deep purple**
- **Atomic red**

Cucumbers

- **Mini White**, *slicing*
- **Alibi**, *pickling*

Lettuces

- **Deer Tongue**
- **Buttercrunch**
- **Lolla Rossa**



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suggestions (continued)

Peas

- Sugar Snap

Radishes

- Cherry Belle
- French Breakfast

Spinach

- Bloomsdale
- Space

Summer Squash

- Costada Romana
- Starship

Swiss Chard

- Bright Lights

Tomatoes

- Sungold, cherry bush type

Winter Squash

- Sweet Dumpling