Published on *Kitchen Gardeners International* (http://kgi.org)

School Gardens

Sat, 12/17/2011 - 11:53 -- LovingEwe

As a resident of Florida, a place where I can grow things all year long...I was reflecting on what can be done to make children, from a very young age, aware of GOOD FOOD. We all know what a serious problem we face as a nation of obese people....many of us with small budgets. That and a lack of time tend to make us just grab whatever is "cheap and available" and worse, since our children and grandchildren learn by example far more than our words, they learn that that's the way to eat. People like Roger Doiron, Michelle Obama, Jamie Oliver and many others are bringing awareness to everyone in the Macro or big picture way....but what of the micro? What can we do in our own neighborhoods to encourage healthy eating???...TEACH IT FROM THE GET GO! Any school has a small patch of ground at the very least, to grow even just herbs....which would then bring an awareness of different herbs to kids that normally don't really eat them. It would be able to grow from there....(pun fully intended) to more expanded growth in food, gardens, prep etc as our kids go through school. Every day, we are realizing more and more what a truly GLOBAL WORLD we are becoming. With that, comes the knowledge, that if properly taught, we can all sustain each other for generations to come. If any of you have done this or have ideas for how to make it happen....PLEASE, let me know. For starters, perhaps we should all just try growing something like a carrot top with our tiniest of tots....and let them watch it grow. It's a start....right? Have a beautiful day! Gale

Group content visibility:
Use group defaults

Source URL: http://kgi.org/blogs/lovingewe/school-gardens