



Gardening with Kids



Simple ways to set up a garden your kids can actually be part of, without it turning into more work for you

Hi, I'm Robyn!

Veggie Garden Consultant

I'm a local mom on a mission to get more families into the garden together.

I help busy families in the Capital Region of New York create veggie gardens that are easy to maintain and fun for kids to be part of.

If you're ready to get your kids involved in the garden without it feeling overwhelming, you're in the right place!



Why garden with kids?

A lot of moms tell me
the same thing.

They want to garden with their
kids... but they don't feel like
they have the time or energy to
take on something else.

And I get it.

If a garden feels like another
project to manage, it's not
going to happen.

**But when you are set up the
right way, you might just find a
garden is just what you and
your family need.**



I started gardening with my own son by just letting him be part of small, simple things. Planting peas, finding ripe cherry tomatoes, watering wherever his heart desired.

He spent countless afternoons last summer picking ground cherries, peeling the husks, and snacking on the tasty morsels with dad.

Gardening tasks with him didn't need to be complicated, but rather were things he could easily do (and really enjoyed doing)!

This guide isn't about adding more to your already full plate.

It's about setting things up so your kids can naturally be part of it with you.

**Simple crops. Simple roles.
Simple setup.**

So it naturally fits into your family's lifestyle.

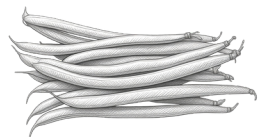
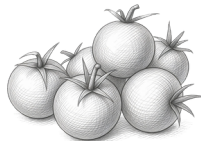
What to Grow

If you're just getting started, **what you grow matters more than how much you grow.**

Some plants naturally keep kids interested because they're easy to pick, fun to eat, or a little different than what you'd find at the store.

Think about things your kids *already like to eat*. Think of a few more that would be *fun to try*.

Here's my go-to list for kids!



Easy Wins

Snap Peas

Grow these in the spring and fall. Watch the flowers turn into pea pods. Look for and harvest when the pods are a few inches long. Snack on them right in the garden or steam them for a dinner side!

Cherry Tomatoes

Grow the rainbow! My favorite variety right now is Sungold- they might be the sweetest orange tomato you'll ever taste. Grow red, orange, yellow, and purple for variety and have a taste test with your kiddo.



Fun to Pick

Green Beans

Grow a bush bean variety so that they are close to the ground for easy harvesting by kids. Yummy to snack on right in the garden or steam them for a dinner side!

Carrots

The mystery of something growing underground. My favorite easy to grow variety is Sweet Petite Little Finger. They grow to about 4 inches long and are a fun discovery to pull out from the ground.



Something New

Purple Green Beans

These beans are similar to green beans but grow purple! They are easy to spot for harvesting and very tasty. Eat them fresh as purple beans or cook them for dinner, and they actually turn green!

Ground Cherries

An absolute favorite of my toddler. They are ripe when they fall to the ground. Open the husk to reveal a tasty, tiny orange berry!

Cucamelon

They look like tiny watermelons but taste like a mild cucumber with a little citrus. They are something unique and not typically found in stores to try.



Let them Help

My biggest advice is to *let your kids explore and learn alongside you.*

They want to be involved, even if they aren't doing everything.

Give them a simple task to focus on while you take care of the more detailed work.

And most of all, enjoy the time you spend together and the memories you're making in the garden.

For my nearly 3 year old, right now this looks like placing pea seeds in a trench I dig, helping with watering, and harvesting small fruits (especially ground cherries and cherry tomatoes).



Summer '25 - Harvesting
ground cherries. YUM!

Good Tasks for Kids

- Harvesting anything they can reach (and learning what color means it is ripe)
- Watering a small area with their own kid size watering can
- Carrying a basket or bucket with the harvest
- Poking holes and planting large seeds
- Preparing garden beds with a fresh layer of compost
- Inspecting for insects (hello, caterpillars and slugs!)

Better for adults

- Planting tiny seeds
- Spacing seeds or transplants carefully
- Detailed weeding and pruning



Make it Easy

If gardening with your kids has ever felt overwhelming, *it might be because the garden itself isn't set up in a way that makes it easy.*

A few decisions *at the start* of your gardening journey can make the difference between something that feels like work and something that fits naturally into your lifestyle.

KEEP IT CLOSE AND SIMPLE

The closer your garden is to your daily routine, the more you'll actually use it.

Find a sunny spot in your yard close to water and to the spaces you spend the most time in. *Easy to water, easy to check on, easy to grab something while you're already outside.*

You don't need a big garden to make it meaningful, either. A few well-chosen plants are more than enough to get started.





KEEP YOUR KIDS IN MIND

Make everything easy to reach. If kids can't access it, they won't engage with it. Keep things at a height and layout where they can pick, water, and explore on their own.

Grow things they can interact with. Snackable, pickable, interesting plants keep kids coming back!

**My #1 way to
make it easy?**

Have your local
veggie garden
consultant lend
you a hand!

(Hint, that's me!)

Need help building your garden?

We offer custom garden design and installation!

Don't have time to plan your garden?

We offer custom planting plans so you know what to plant, where to plant it, and when to plant it!

Don't have time to get to the nursery for plants and compost?

We offer "plant-with-me" sessions.

I'll plan your garden and bring everything you need right to your door and then guide you and your family through preparing your beds and planting them for the season.

Get started today!



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