

How to make your child try more vegetables?

One good way to encourage children to try more fruits and vegetables is to have them help with gardening. Here are some tips on how to engage them:

- ask children which fruits and vegetables they would like to grow
- suggest fun, reliable plants such as purple carrots and striped beets
- teach children responsibility by assigning tasks like- watering, harvesting or weeding
- this will get them excited to taste the fruits (and vegetables) of their labor
- help them observe the process over time from seed sprouting to harvest and eating.