



A Parent's Guide to Planting a Garden the Whole Family Can Enjoy

Gardening can be a wonderful activity for the entire family to enjoy. Spending time outside with your little ones and seeing the seeds you plant become lush flowers and foliage is a great bonding experience. To do your part and to reap the benefits, check out these tips from [Canterbury Community Farmers Market](#) on how to create a garden your whole family will love.

Recognize the Benefits of a Garden for Your Family

Understand the advantages and communicate them to your kids, getting everyone excited for this fun project.

- Gardening has [proven health benefits](#) and will get your family outside in the sun and engaged in physical activity.
- A well-kept garden can [also increase](#) curb appeal, which can also boost home value.
- A garden is a [great place](#) to teach kids lessons about things like biology and where people get their food from.
- If your family proves to have a green thumb and loves it, you could teach the kids about entrepreneurship and benefit from the tax deductions by [selling your produce](#) at a local farmers market.

Prepare a Plot of Land Where Your Family's Garden Can Thrive

Your garden is more likely to be a success if you prepare a fitting plot of land before planting your first seeds.

- [Select a fitting](#) location with adequate sunlight and good soil quality for your garden.

- Apply a fertilizer with [key nutrients](#) like phosphorus, potassium, and nitrogen to create fertile ground.
- Aerate the soil so that the fertilizer can get to the [plant roots below](#) the earth easily.
- Have an irrigation system installed, so your garden can easily [get the water](#) it needs.

Decide What to Plant As a Family

Getting your kids involved in deciding what to plant can get them motivated and excited about your gardening project.

- If you want to [grow your own food](#), a vegetable garden is a logical choice.
- If your kids are more interested in a pretty garden, [opt for](#) low-maintenance flowers.
- Take hardiness zones [into account](#) when choosing what to plant.
- Set aside a space indoors where you can move [more delicate](#) plants for the winter, ensuring they survive the harsh temperatures.

You don't have to be born with a green thumb to establish a thriving garden. The above beginner's guide explains how you can start a garden even if you're not an expert. Get your kids in on the fun and enjoy! And if you find a hidden family passion, consider starting a small business by selling produce at the farmers market. But whether you decide to buy or sell, the Canterbury Community Farmers Market in New Hampshire is a great place to go as a family. [Visit our website](#) to learn more about our market and when you can shop.

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