However, most children in the Vermont are not eating the recommended 5 servings of fruits and vegetables each day. Given that young children spend large amounts of time in schools, this may be an ideal venue for increasing consumption of and enthusiasm for fruits and vegetables.

One way to introduce fruits and vegetables early in a child’s life is by introducing a school garden program where kids are growing their own fruits and vegetables. There is strong evidence that school gardens increase participating children’s vegetable consumption and willingness to try new vegetables. Planting, growing, and harvesting their own fruits and vegetables will help give kids ownership of the foods, and make them more appealing to eat fresh from the garden.

Spring time is just the time to begin preparing for your school garden. Check out the Vermont Farm to School Network page for more information on school and community gardening.