



# MINNESOTA Farm to Early Care

## Gardening and Growing Tips from Providers



"I have found that to get started, you don't have to buy pots – we all have milk jugs coming out of our ears. Cut them along the top, right at the handle - make a little greenhouse for yourself, this works like a charm" -Julie  
You can use this winter sowing method to plant in April!  
[More details here.](#)

### What to grow?

"I have two sons who are colorblind so I have switched to the purple beans, the kids think that's really fun, because I pick the purple beans, then we cook them, and they turn green when you cook them." - Nancy

"Start with a tomato plant, just watch it grow: that is the love of gardening. To watch stuff grow, and then you can eat it!" - Rosalyn

"We grow colorful carrots, so they see carrots come in other colors" - Nancy



Other favorite crops: **cucumbers, strawberries, ground cherries, zucchini, lettuce, onions, potatoes, watermelon.**

"You gotta get down on your knees, you have to get dirty! Get your gloves, your knee pads, a seat stool, so you can be comfortable, get yourself a hat... just get a shovel and start digging." -Rosalyn

"I have found it's really helpful to have gardening things to do - mud kitchen pots, gardening stations, little things that they can keep doing. I have found putting things in the ground once a year is just not enough for them" - Julie

### Hostas for Lunch?!

Did you know hostas are edible? Cyndi prepares hosta shoots with her kids, she cooks them similar to asparagus, often with butter and garlic. - "what could be bad?" "I blanch them and freeze them, just like beans or asparagus". She says as a bonus, she thins her hostas the beginning of the season and doesn't need to split them!

<https://recipes.howstuffworks.com/eat-hostas.htm>

