

A Few Safe and Simple Flowers to Grow with Kids

Sunflowers	Dahlia	Passionflower
Marigolds	Forget-Me-Not	Pansy
Cosmos	Geranium	Petunia
Clover	Hollyhock	Strawflower
Crocus	Lamb's Ear	Sweet pea
Black-eyed Susan	Lavender	Verbena
Cockscomb	Nasturtium	Zinnia

Easy Vegetables to Grow with Kids

Basil	Cucumber	Pumpkins
Beans	Dill	Radishes
Carrots	Lettuce	Zucchini
Cherry Tomatoes	Mint	Watermelon
Corn	Parsley	

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Growing with kids is a rewarding and educational experience. As children nurture plants, they discover happiness, satisfaction, and a love for the natural world that will stay with them throughout their lives. Most of all, through gardening, they grow a healthy body, mind, and spirit.

Although the vegetables and flowers that I planted as a child are long gone, my youngest brother's garden is still thriving. He had chosen to plant tropical seeds which grew into towering palms!

"Treat the Earth well. It was not given to us by our parents, but it is loaned to us by our children. We do not inherit the Earth from our Ancestors. We borrow it from our children." ~ Ancient Native American Proverb
Happy Gardening. Happy Growing with Kids!



Cynthia Brian and her helper amongst the pink bower vines.

For more gardening advice for all seasons, check out Growing with the Goddess Gardener at <https://www.CynthiaBrian.com/books>. Raised in the vineyards of Napa County, Cynthia Brian is a New York Times best-selling author, actor, radio personality, speaker, media and writing coach as well as the Founder and Executive Director of Be the Star You Are!® 501 c3. Tune into Cynthia's StarStyle® Radio Broadcast at www.StarStyleRadio.com. Her newest children's picture book, Family Forever, from the series, Stella Bella's Barnyard Adventures is available for PRE-ORDERS now at <https://www.CynthiaBrian.com/online-store>. Hire Cynthia for writing projects, garden consults, and inspirational lectures. Cynthia@GoddessGardener.com
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