

Summer Wellness Challenge



Grow Your Own Food This Summer!

Activities for Elementary, Middle and High School

Growing your own garden can be a rewarding, fun and creative experience that the whole family can enjoy. Plant ingredients that you like to eat or want to try. Mix and match your own creative combinations as you harvest and prepare tasty, healthy dishes at home – the sky's the limit! For tips on growing your own food, check out the two videos below.

Transplanting Tips for Your Garden

Transplanting can be a wonderful way to start a garden, add to a garden, move things around in your garden, share from your garden with others and add plants to your garden from others' gardens! Many gardeners enjoy "plant swapping" with each other as a way to share the wealth and pleasure they get from the plants they grow in their own garden. In this video, you'll see just how easy it is to transplant a plant into a new space and create your own kitchen garden! [Watch the video here.](#)

Seed Planting Tips

Planting seeds is a fun, easy, creative and inexpensive way to grow your own garden. In this video you'll learn seed planting basics. Seed packets contain many seeds – often more than you want for yourself. Sprouting more than you need is a great way to share with others who would love to transplant your leftover seedlings into their own garden! [Watch the video here.](#)

Here are a few helpful links for growing food at home:

<https://www.bchd.org/LiveWellKids>

<https://www.almanac.com/content/companion-planting-guide>

<https://gardenspath.com/plants/vegetables/best-container/>

<https://www.sunset.com/garden/garden-basics/7-edible-garden-ideas#front-yard-flower-bed-idea>

For more information visit www.bchd.org/summerchallenge. Share your family completing the challenges on social media using #BeachCitiesSummerChallenge.