



Garden Inspiration

Grow a 'Crunch & Sip®' garden

Many schools have a designated time during the day where kids focus on eating a fresh fruit or vegetable snack. A great way to encourage kids to enjoy healthy snacks is to get them involved in growing them. There are lots of 'Crunch & Sip®' foods that can be grown in a school garden, including strawberries, blueberries, mandarins, snow peas, beans, cherry tomatoes, cucumbers and baby carrots. Here's what you can do to start a healthy snack garden:

- Choose a spot in a garden that receives at least 6 hours of sunshine a day. Alternatively, lots of fruit and vegies can be grown in pots positioned in a sunny spot in the playground.
- Mix some Yates® Dynamic Lifter® Soil Improver & Plant Fertiliser into the soil or fill pots with a good quality potting mix such as Yates® Premium Potting Mix.
- Plant a range of kid-friendly fruit and vegetables that can be eaten raw or with minimal preparation.
- Yates® Thrive® fertiliser and a watering can.