Parent-Teen Activity Series

Parent-Teen Family Garden

Planning and planting a garden is a way to spend quality time together and create something to show for it.

♦ Together, decide where to plant or configure a garden; determine which portion of the lawn, green house, or indoor patio to use. If you rent an apartment, check to see if your complex has a community garden plot available; if a ground plot is not an option, pots can do just as well.

♦ Research which type of plants will thrive in your climate/environment and choose them together (this information can be found in books, magazines, or on the internet).

♦ Decide which types of plants to use based on versatility or simplicity (e.g., flowers, shrubs, herbs, or vegetables).

♦ Go to gardening stores to pick out supplies; work out the design of the garden.

♦ Try something unusual in your garden like a trellis, a waterfall, railroad ties, a bench, etc.

♦ Negotiate responsibilities, such as watering, mulching, weeding, picking, etc.; trade off responsibilities so everyone takes a turn.

♦ Plan protection against bugs, cold weather, etc.; decide whether to make this project available to anyone interested in participating or whether to work on it alone (just parent and teen).

How will this activity promote the parent-teen relationship?

This is a way for parents and teens to share in the learning process about different plants and gardening techniques.

This is a way for parents and teens to share the responsibility of a family project and to know that each person contributes to its success.

Parents and teens share in a sense of pride in their work by creating something that is healthy for the environment and nice to look at.

A point to consider . . .

Rather than keep your creations to yourselves, why not share them with others?

• Sell your plants at the farmer’s market
• Show your plants in competitions
• Share your plants with neighbors, hospitals, nursing homes, homeless shelters, etc.