

Plant a Pizza Garden



One way to get them interested in playing in the dirt and in healthy eating habits is to plant a pizza garden. They might be more willing to try different fresh foods if they harvest them from plants they tended.

Planting a pizza garden is not complicated. Obtain some plants or seeds for typical pizza toppings:

- Roma tomatoes are wonderful just sliced thin on your pizza instead of using sauce.
- Bell peppers are easy to grow. Slice them thin also.
- Get your onion bulbs in to have onions later in the season.
- Spinach also makes a nice pizza topping.
- Broccoli can be a little more difficult to grow, but more advanced gardeners can give it a try.
- Basil grows well. Slice it thin and sprinkle it on top of your cooked pizza.
- Oregano is a typical pizza seasoning. You can chop it and top your cooked pizza with it also.