



HUNGER FOR GOOD

HELP END
WORLD HUNGER

Kid's
ACTIVITY

HUNGER FOR GOOD: A GARDEN PROJECT FOR KIDS

Introduction for Kids (Read Aloud)

One way World Renew comes alongside families facing food insecurity is with kitchen garden kits, which offer food that families can grow right from home and eat everyday. These garden kits can include seeds for many different kinds of vegetables like peppers, kale, and tomatoes.

In Canada and the United States, we often plant vegetables like this in the spring, watch them grow through the summer, and harvest them in the fall. In other parts of the world, the planting and harvesting of vegetables is often dictated by a dry season and a rainy season.

Lots of care goes into raising crops that help people around the world grow healthy and strong, because when it comes to solving world hunger, you not only need good seeds, soil, water, and sunshine, but you also need God's power to help the seeds grow and a safe and loving community where people share their crops fairly and look out for one another.

Would you like to learn what it takes for the families who work with World Renew to grow their own food?

Then join us in planting your very own kitchen garden. Because it is already fall, we won't be planting spring vegetables. Instead, we will plant tasty herbs and keep them nice and warm in our homes. Day by day, we will care for our herbs, pray for God's power to help them grow, and watch for sprouts to get bigger and bigger until they are ready for harvest. Then, you can add these herbs to help make yummy food for your family to share!

Introduction for Adults

When it comes to planting an herb garden with kids, you want hearty and fast-growing herbs to help young and curious minds see growth, track progress, and stay engaged from seedling to meal. For first-time growers, we recommend an indoor garden of basil, cilantro, dill, chives, and parsley. These herbs can all be planted and grow together if you have a large indoor pot. However, it is more likely that you will plant each of them in their own pot, at least 12 inches deep. You can also add oregano and thyme to your garden, but be sure to keep these herbs separate from the other herbs or not all of them will flourish.

Most of these herb seeds will do best if you begin with seed trays (we recommend using some recycled egg cartons), but dill and cilantro like to be planted directly into their pots and they grow quickly—making them great herbs for curious and eager kids! Don't forget to use your child's self-designed labels to mark which plant is which, especially for the starter pods! Also, plant more seeds than you need: not all of them will germinate and you will want to thin your herbs as they grow, making room for the strongest plants to grow tall and thrive after they are moved to their pots!

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WHAT YOU WILL NEED:

- Seed packets for all of the herbs you have decided to grow
- Egg cartons to start your sprouts
- Fresh indoor potting soil with lots of nutrients
- Pots to house the sprouts once they germinate
- A printer, popsicle sticks, a glue stick, and crayons for creating herb labels

WHAT TO EXPECT:

We have ordered these herb instructions according to which herb will sprout first, and we recommend placing these plant details on a corkboard or fridge so that as your young grower has questions, you can lead them back to this sheet to “check” for what each plant needs to grow strong: do they have the water and sunshine they require? Does the soil feel like it should? As you review, talk about how they feel waiting for the plants to arrive. Are they nervous? Excited? Don't forget to thank God for helping care for your seeds each day and for providing food for your family to eat!

BASIL

Sun: At least 6 hours

Size: 24 inches tall, 10 inches wide

Days to Germinate: 5-10

How to Grow: Cover seeds with 1/4-inch of soil and keep warm and moist. Once germinated, thin to 2-3 plants in a single pot.

Harvest: The younger leaves have more taste. Harvest by pinching off stems above a pair of leaves as needed. This will encourage the plant to branch out.

CILANTRO

Sun: At least 6 hours

Size: 12-24 inches tall

Days to Germinate: 10-15

How To Grow: Cilantro doesn't respond well to transplanting so plant these seeds directly in your pot. Cover seeds with 1/2-inch of soil, keep moist, and thin the seedlings to 4 inches apart once they reach 2 inches high. Cilantro will mature quickly, often within 4 weeks.

Harvest: Once the plants are 4 inches high, snip fresh leaves from the outer edges, allowing the main stalks of the plant to continue to produce.

DILL

Sun: At least 6 hours

Size: 24 inches tall

Days to Germinate: 7-10

How to Grow: Instead of growing dill seeds in seed trays, sow them directly in desired pots as dill plants form long taproots and don't transplant well. Sprinkle dill seeds in pots and cover them with a 1/4-inch layer of soil mix. Keep the soil evenly moist. Wait until the seedlings are 4-6 inches tall and thin them to 1 or 2 plants per pot, saving only the strongest ones.

Harvest: Dill is ready for use within 2 months of planting. Once you see 5 leaves, you can begin trimming for use, but never use more than 1/3 of your plant at a time.

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GREEK OREGANO

Sun: At least 6 hours

Size: 24 inches tall and wide

Days to Germinate: 7-14

How to Grow: Sprinkle a pinch of the small seeds on the soil surface and mist lightly. Oregano seeds require some light to germinate so do not cover seeds. Keep moist by frequently misting the soil surface.

Harvest: Once the plant reaches 4-6 inches; thin to 1 per pot and begin snipping leaves and stems as needed throughout the growing season. Clipping stems will allow the plant to bush out. Harvest before the plant blooms for the strongest taste.

ENGLISH THYME

Sun: At least 6 hours

Size: 6-12 inches tall and wide

Days to Germinate: 10-15

How to Grow: Thyme needs light to germinate so do not cover seeds. Keep surface moist by frequently misting the soil surface. Plant 10-12 inches apart.

Harvest: Cut foliage as needed leaving at least 3-inch (7.5 cm) stems to continue growing.

CHIVES

Sun: 4-6 hours

Size: 10-12 inches tall and wide

Days to Germinate: 10-20

How to Grow: Sprinkle 10-15 seeds in a pot with drainage holes at the bottom that is at least 6 inches wide and equally as deep. Use an all-purpose potting mix and cover them with 1/4 inch of soil. Water the seeds using a spray bottle and keep the soil consistently moist but not wet.

Harvest: Allow new plants to become established for the first year by harvesting sparingly. Once the plant is 6 inches (15 cm) tall, select leaves from the outside of the clump and cut 2 inches (5 cm) from the soil. The plant will continue to grow. Trim back to 2 inches after blooms fade and the plant will produce fresh growth.

PARSLEY

Sun: At least 6 hours

Size: 12-18 inches tall and wide

Days to Germinate: 14-28

How to Grow: To help speed up germination, soak seeds in warm water for up to 24 hours before planting. Cover seeds with 1/8 inch of soil and keep moist. After seedlings have developed, thin these plants to 8 inches apart: 1-2 per pot.

Harvest: Snip outer stalks from the base of the plant and trim off leaves as needed. Freeze stalks and use in making stalks and broths.

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HERB LABELS

BASIL

CILANTRO

DILL

GREEK
OREGANO

ENGLISH
THYME

CHIVES

PARSLEY

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GOING DEEPER WITH YOUR GARDEN

The exciting thing about your herb garden is the variety of flavors/flavours you are introducing to a child and the ways these flavors/flavours can become a part of your daily meal rhythm. From tacos to soups, pasta, salads, burgers, sandwiches, and more, one of the herbs in your garden will almost always serve as a natural complement to your meal. That means lots of opportunities in the coming months for your young grower to pick, wash, tear, and add a little something special to a meal. You can use these moments to have intentional conversations about where food comes from, the ways that God has designed food to make us strong, and what it looks like to share food around the world.

You can also build upon your herb conversations at places like the farmers market, butchers shop, grocery store, soup kitchen or food pantry: help your child notice and care about the impact and importance of food. Talk about sharing food by encouraging your child to help you invite friends over for a meal that incorporates the herbs you have been growing together.

For some more ideas on leading spiritual conversations with kids about how God sees food and desires food to be shared, download some of our other resources—such as a Children's Message, videos, and more—from World Renew's World Hunger Campaign at worldrenew.net/resources or join in Hosting a Dinner for Good at worldrenew.net/DinnerForGood