

## How Gardening Benefits Children and Youth

Research tells us that gardening benefits children and youth in many ways. Children who garden exhibit.....

- **Improved social skills and behavior**
- **Increased understanding of key life sciences and their investigative skills**
- **Positive social skills and teamwork**
- **Significant improvement in environmental attitudes**
- **A greater tendency to recognize and consume vegetables**
- **Improved attitudes towards fruit and vegetable snacks**

In addition to these benefits, gardening for 45 minutes burns as many calories as 30 minutes of aerobics. Community gardens build positive communities and promote neighborhood togetherness, trust, and reduced racial discrimination.



Photo Courtesy Youth Farm & Market Project, Minneapolis, MN.

### Interested? How to Learn More

If you are interested in participating in the *New Roots Youth Garden* as a Youth Gardener, Parent Volunteer, Master Gardener, Volunteer, or Contributor, please call the Town of Cape Charles Recreation Coordinator at 331-3259 Ext.18 to learn how you can get involved.



Photo Courtesy Youth Farm & Market Project, Minneapolis, MN.

### Want to Contribute? Donations are Tax Deductible.

Make checks payable to the Town of Cape Charles and enter *New Roots Youth Garden* in the memo section of your check.



### *A Community Initiative of the Town of Cape Charles*

*with support from.....*

- ***Cape Charles Rotary Club***
- ***New Roots Youth Garden Committee***

*and many other individuals and organizations*



Photo Courtesy Youth Farm & Market Project, Minneapolis, MN.

New Roots Youth Garden  
P.O. Box 383  
Cape Charles, VA 23310

## Our Goals

The *New Roots Youth Garden Initiative* is committed to providing experiences that help local youth develop.....

- **Personal Growth** *earned through hard work, patience and the rewards of gardening*
- **Environmental Awareness** *gained by exploring the inter-connected relationships among living things like plants, worms and bees and non-living things like soil and water*
- **Healthy Lifestyles** *supported by eating what they grow and engaging in physical activity that improves strength, burns calories, increases coordination, and promotes an overall sense of well being*
- **Social Skills & Awareness** *cultivated through teamwork, service-learning, mentoring, and leadership opportunities*
- **Community Spirit and Connectedness** *built through meaningful activities focused on community improvement as they work with caring, nurturing adult mentors*
- **The Joy and Satisfaction of Meaningful Work** *experienced through varied gardening activities that are FUN and yield great results!*



Photo Courtesy Youth Farm & Market Project, Minneapolis, MN.

## How We Realize Our Goals

Experiences in the garden offer countless opportunities to incorporate lessons in math, reading, social studies, and art. This “hands-on” experiential learning gives young people an open, ever-expanding, and relevant way to acquire meaningful information and understanding of the world around them. With this in mind, *New Roots Youth Garden* works to achieve its goals by.....

- **Successfully planting, growing, and harvesting fruits, vegetables, and flowers**
- **Preparing and eating the harvest in creative, fun, and healthy ways**
- **Sharing the harvest with others**
- **Experiencing the connectedness between food and the environment**
- **Enjoying outdoor activities with peers, adults, and our diverse community**

***New Roots Youth Garden*** embraces Community Diversity. Gardens are often full of a diverse variety of fruits, veggies, herbs, flowers and insects. This is the perfect backdrop for embracing a diverse community where youth from different cultural and socio-economic backgrounds can interact and succeed through cooperation and teamwork.

## An Environmentally Conscious Garden

The *New Roots Youth Garden* embraces chemical-free gardening practices, water conservation, natural pest control, and natural weed control. We are committed to promoting healthy lifestyles and environmental awareness. Organic growing methods are used to sustain a naturally healthy garden and to teach young gardeners about the importance of toxin free environments and wise use of resources.

