

The LiveWell Kids program partners with Redondo Beach Unified and Hermosa Beach City School Districts to provide elementary students with interactive nutrition and garden lessons to help them adopt mindful healthy behaviors at an early age.

LiveWell Kids Garden Program Module 2: Planting Cool Season Crops

Even Southern Californians notice the changing of the seasons, no matter how subtle it might be at times. The gardens are no exception and fall is a time to say goodbye to heat loving plants and welcome those that thrive in cooler weather.

During their second LiveWell Kids Garden lesson, students learned about cool season crops. They prepared their garden beds for planting by removing old plants and amending the soil. They then planted seeds for cool season vegetables that they will harvest later in the year.



Here are some ideas that you might want to try at home as a family:

- Grow a few peas in a large pot with a tomato cage so they can climb. Pick them to snack on, or add to salads, stir-fries or other dishes. Picking them stimulates the plant to make more, so you can have continual peas until the plants are done.
- Winter is the prime season for root vegetables. Have your kids help you select a variety of them in the market for an easy roasted vegetable side dish. Just cut them up and toss with olive oil and kosher salt, spread them out in a baking dish and slow roast in the oven, stirring occasionally. Add rosemary or other herbs for more dimension.
- You'll find a large variety of leafy greens in the winter. Experiment with different combinations in salads (such as bok choy, swiss chard, or Chinese mustard), braised or as wraps.

Seasonal changes are an exciting time in the natural world. It's the perfect time to take advantage of the temperatures cooling down and explore some of our many local hiking trails and walking paths where you can observe seasonal changes in both flora and fauna. The more your kids spend time in nature, the more they will grow to both appreciate and protect it.