

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 3: Composting

Southern Californians are becoming increasingly more aware and proactive about taking care of their environment. Composting is a common environmental practice that offers many benefits such as saving money by making your own amendment, reducing waste by keeping valuable resources out of the landfills, and creating high-quality nutrient rich amendment for your garden.

During their third LiveWell Kids Garden lesson, students learned about the importance of compost and participated in building a compost pile. They examined the contents of the compost bin and created a drawing of their observation.



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

- Using a kitchen composter, either purchased, or homemade, to save produce scraps that can either benefit your garden or donate to a gardening friend or neighbor.
- Bag up dried brown plant leaves from trees and other plants to compost with at home, or donate to your local gardener for their compost bin.
- Regrow veggies! Save a couple inches of the root end of an onion. Place it in a shallow bowl until it produces roots. Plant it and watch the onion grow new shoots! You can trim these green shoots to eat or plant them when they get larger.

When you compost at home, not only are you teaching your children a valuable sustainable and environmental practice, but you are also creating an endless source of entertainment by giving them a view into the world of decomposers!