



The Burpee Diet

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The Burpee Diet

Overview

The Burpee [diet](#) is not a [weight loss](#) plan, but a national program sponsored by Burpee Home Gardens. Burpee provides an educational system to teach young people how to grow their own healthy food and to maintain proper [nutrition](#). The Burpee "I Can Grow" program focuses on education, diet, improving the environment and the economy. If you are concerned about your child's weight and eating habits, talk to your pediatrician for advice.

Burpee Home Gardens

Burpee is a seed retailer that provides products through local stores. The company began operation in 1885 and maintains its focus on growing an edible garden. The product line includes vegetables, herbs and flowers. The "I Can Grow" program is an educational tool. The goal is to teach the art of creating the edible garden.

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"I Can Grow" Program

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The "I Can Grow" program is the brainchild of Burpee CEO George Ball. George became alarmed by the growing rate of childhood obesity and blames the vanishing home-cooked meal. George Ball has been teaching children how to plant gardens for over 18 years and has taken that knowledge to a national level through the Burpee "I Can Grow" program. The goal is to tutor children to eat properly, utilizing food they grow. This begins with planting vegetables and fruits, learning how keep them healthy and then ways to harvest. Ball believes if children can raise their own food, they will be more interested in a healthy diet that includes vegetables and fruits.

Education Guide

Burpee will provide on request an "I Can Grow" education guide developed by the company in conjunction with the National Gardening Association. The guide is available to anyone, but geared toward community or group gardening. The guide is a 32-page illustrated book that provides step-by-step details for growing a garden and living off what you produce.

Considerations

The Burpee plan is not a diet, but a teaching system and provides the guidance necessary to grow your own food. This program can work as a family project, a classroom activity or an afterschool youth program. Schools and organizations are eligible for the "I Can Grow" award program, a grant which provide the plants and supplies needed to the winning schools or communities. Scholarship grants are issued at the beginning of the year by Burpee and the program sponsors, and applications are available through the Burpee Home Garden website.

[5 Foods you must not eat:](#) Cut down a bit of stomach fat every day by never eating these 5 foods. Naviibk.com

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[Step By Step Gardens](#) Quick & Easy Gardens With Plants Chosen By Spring Hill's Pros. www.SpringHillNursery.com

[High Protein Diet](#) Start Your High Protein Diet Today & Shed Pounds Fast! Learn More. goalbuilder.com

References

Sponsored Links

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About this Author

Writing since 1999, Darla Ferrara is an award-winning author who specializes in health, diet, fitness and computer technology. She has been published in "Mezzo Magazine" and Diet Spotlight, as well as various online magazines. Ferrara studied biology and emergency medical technology at the University of Nebraska and Southeast Community College.

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