

Healthy eating Grow your own

Founded in 2010 by environmentalist Kelly Meyer, the American Heart Association's Teaching Gardens teaches elementary school students the how and why of healthy eating. A 35-week cur-



► "The award helped us transform a blighted lot into a community asset that will foster young people's knowledge of the environment, gardening and healthy eating," says Grimaldi.

riculum guides students in the classroom and out. Outdoors, children learn how to plant and maintain a vegetable garden. Parents and school administrators can visit www.heart.org/teachinggardens to learn more before e-mailing teachinggardens@heart.org to begin the application process.

More of the do-it-yourself type? Burpee Home Gardens offers a free, comprehensive "I Can Grow" guide on its website

Philly's own Village of Arts and Humanities was recently selected as one of three grand prize winners of Burpee Home Garden's "I Can Grow" Youth Garden Award. "The hundreds of seedlings jump-started PhillyEarth, our new Youth-Led Urban Farm project," says executive director Elizabeth Grimaldi.

(www.burpeehomegardens.com) with tips for starting and sustaining an edible garden for kids.

Plus, Burpee sponsors an "I Can Grow" contest each year for school or community gardens, with grand prize winners receiving up to 500 seedling plants and \$2,500 in garden supplies and layout help from Burpee experts. Information about the 2013 program will be available this summer. **MORE BY BENJEL**