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Kids love getting dirty. Weeding and planting is an easy activity to get them started, and it's okay if they get a bit messy.

Get the kids in the garden

(NC) Gardening is a great activity for families to spend time together during the warm summer months. It gets children away from television and video games – and gives them some exercise while learning about nature in the great outdoors.

Peter Cantley, a garden guru for the President's Choicebrand has more than 46 years of experience in his field. Peter is also the vice-president of floral and garden at Loblaw Companies Limited, so take a look at the tips he offers to give everyone in your family a green thumb:

Kids love getting dirty. Weeding and planting is an easy activity to get them started, and it's okay if they get a bit messy. Kids can join parents in the garden by digging in the soil with a small spade and finding roots and worms. If your child is old enough, let them learn ownership and responsibility by giving them a plant or part

of the garden to water and help care for over the season. If they are really taking an interest, why not give them their own plant to grow? Try the lineup of PC Gigantico plants which make it easy for anyone to have large, lushlooking plants immediately.

Share your love of gardening. Bring a gift of fresh produce grown right in your garden when visiting friends and family as a thoughtful gift the kids can be proud to give.

Teach them to 'go green'. Why not start with the Garden Centre Recycled Pot Program? Itencourages gardeners to 'go green' by returning empty plastic pots and flats to their local Real Canadian Superstore in return for a coupon.

Most importantly – have fun. We only have the summer for a short time, so let's make the most of it.

www.newscanada.com

Shake up your summer barbecue

Every group has one: the friend that always hosts the best parties, the type of nights people talk about for years. This season that friend can be you.

These easy tips will shake up your traditional summer barbecue and ensure that every get-together you throw this summer is as memorable as the last:

Toppings bar: Take your guests beyond the customary ketchup and mustard and create a burger toppings bar. Include a selection of fresh ones like avocado, tomato, grilled pineapple, caramelized onions, mixed greens and even bacon. Add different kinds of salsa, and a variety of sauces including the Carolina Barbecue Sauce and

the Yogurt Tzatziki Dressing in the Our Finest brand line. Encourage your guests to create their very own custom burgers.

Create a signature drink: Having a fun drink made just for your guests will add a sense of occasion to your get-together and a specialty daiquiri, mojito, or margarita with a rim of pop rocks is a fun option. Garnish with fresh fruit, add an umbrella or serve with special straws for extra brownie points.

Offer options: Don't stop with burgers. Add an array of mouth-watering options like skewers, sausages, grilled chicken, portabella mushrooms or