

# Kids love getting dirty— so get them gardening with you

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 Choice brand has more than 46 years of experi-

ence in his field. Cantley 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:

- 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, lush-looking plants immediately.

- 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? It encourages 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.

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