

GARDENING WITH CHILDREN



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Odla med barn

Sara Bäckmo

170x240, 176p

The garden is the best play area for children.

Skillnadens Trädgård (The garden with a difference) is the pulsating hub for Sara Bäckmo and her family. In the large kitchen garden Sara cultivates food with her four small children. In many ways it's a challenge – but it works. And it's fun! The foundation and driving force is simple: with great commitment and sensitivity to the children's wishes to do things their own way Sara can share with them her interest in cultivation. Children like to eat vegetables that they have grown themselves and they learn how soil, plants and animals function and interact. There is a huge gain to be had growing up in such an environment. Playing outside makes the children amazingly good at creative games in an environment in which age, gender and ability doesn't matter at all. When the children are outside they also move around the whole time: they walk, run, bicycle, jump, drag and dig.

It's all about inviting the children into the cultivation, allowing them to contribute what they can and want to do on any particular day. Accepting that as a parent one doesn't have time for everything one wants to do and that far from everything turns out the way one had intended, but it's all good all the same – because cultivation is the activity that takes the best care of us, on both our good and bad days.



About the author

Sara Bäckmo is a journalist, writer and influencer who cultivates and writes about *Skillnadens Trädgård* on Sweden's biggest gardening blog sarabackmo.se