PLANT AND GROW A VEGETABLE

I do love veggies; they help make me as strong and healthy as I am. And there is nothing better than that satisfaction of growing your own, so that's what you are going to do.

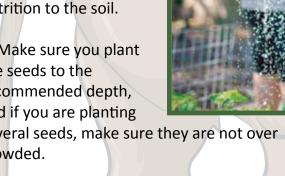# FLIP OVER FOR YOUR NEXT CHALLENGE

EARN THIS NUGGET

To earn your Nugget, get those seeds planted and growing. I'd also love to see some images of veggies on your plate, but I won't make you hold off on earning your nugget until then.

1. Select yourself a veggie that you would like to grow. This will depend on your region where you live, and of course what you like to eat. I like potatoes.

2. Purchase some seed. Now, bear in mind, that there are going to be some choices with whatever you decide to grow. So you're going to have to do some research or ask around. I'm sure your local garden center staff will give you some advice.

3. Choose your planting spot carefully, so that it will have the right amount of sunlight.

4. Prepare the soil well. This will probably include digging and breaking up the hard dirt, getting rid of rocks, and being prepared with compost, or other materials, to add nutrition to the soil.

5. Make sure you plant the seeds to the recommended depth, and if you are planting several seeds, make sure they are not over crowded.

6. Give your new plant the appropriate amount of water regularly.