



GROW NEW PLANTS WITH FOOD SCRAPS

Reduce food waste by re-growing your favorite vegetables from the scraps left over from your cooking.

MATERIALS



- Three clear, clean, recycled cups
- Vegetable scraps (We used celery, lettuce and scallions)
- Water

STEPS

1. Collect food scraps from your leftovers.
 - When you're cooking, instead of dumping the trimmings from your vegetables into the compost heap or trash, save the root ends. In our case, we saved the root bases of our celery, lettuce and scallions.
 - Save 1 or 2 inches of the vegetable base.
Tip: You can try this experiment with other leafy, root or bulb vegetables.
2. Add water to each of your three clean recycled cups, then add your food scraps with the root end down in the water.
 - Fill the recycled cups with water about 1/2 inch deep, covering the roots, but not the tops of your food scraps.
 - Place your cups near a sunny window to grow, and change the water every two days.
3. Once you see new growth at the top of your scraps, you have a new plant! Plant your growing plants in pots with potting soil (or in the ground outside).
 - After your plants have had a couple of weeks to grow, and you see new growth, transfer them to pots with potting soil.
 - Plants can also be transferred to an outdoor garden when there is warm weather.
 - Continue to give your plants sunlight and keep them watered so they stay healthy and growing.
4. When you're ready to enjoy your new vegetables, harvest them, eat and repeat!