

Exploring what happens when you grow vegetables/ fruit from leftover scraps!



You can grow SO many different vegetables using the leftover peelings or cuttings- try cutting the top off a pineapple, place it in a shallow dish of water, then when the roots start to grow, plant it in a small pot of soil.



Cut the bottom off your celery stalk, place it in a shallow dish of water and watch as new celery leaves grow!



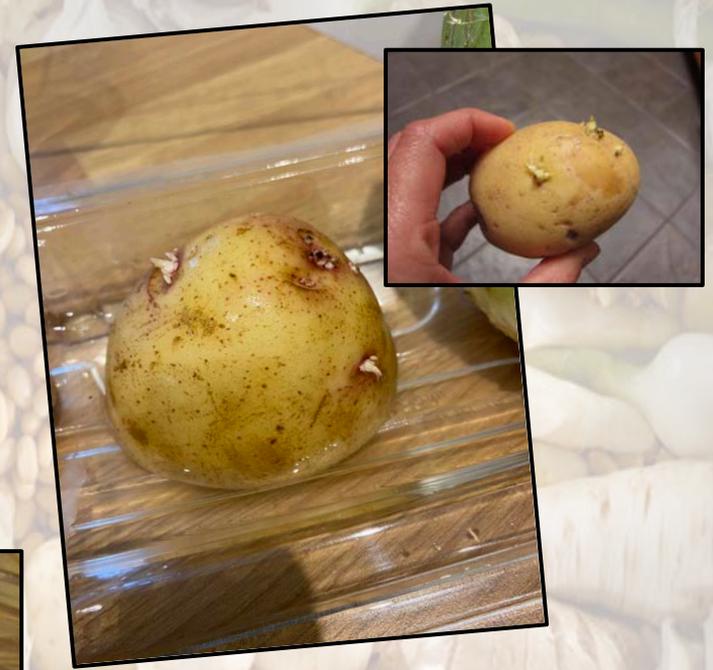
Try growing an avocado! Place the stone so that it just touches a cup of water and watch to see as the stone splits open and shoots will start to grow. Keep it somewhere warm with lots of light and when the shoots appear, plant it in a small pot and water it regularly.



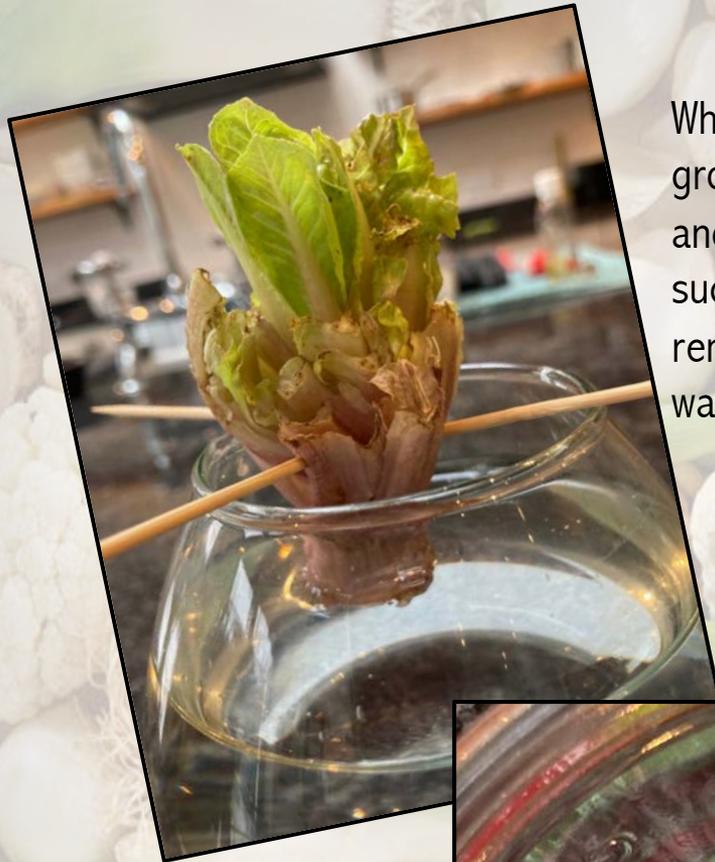
Place the tops of carrots in a shallow dish again and watch as the shoots start to appear! You can place these in a pot with compost when this happens.



To grow your own onions, cut one in half, and place the half with the roots in a shallow dish of water or like I did above, with the roots in water. Watch as the shoots start to grow!



To grow your own potato, find one that has at least 2 eyes (little sprouts) place it in a shallow dish with water and watch as the eyes develop little shoots. When these appear, place your potato in a pot or bag of compost and cover it up. As the potato grows, you will see green leaves appear. Keep covering the leaves up when they pop up above the soil. Eventually, when you dig down you will find lots of new potatoes!



What else can you try and grow? I tried lettuce, leeks and radishes and had success with them all! Just remember to change the water regularly.



For more information or ideas have a look at this website- it's great! www.ruralsprout.com/regrow-vegetables/