



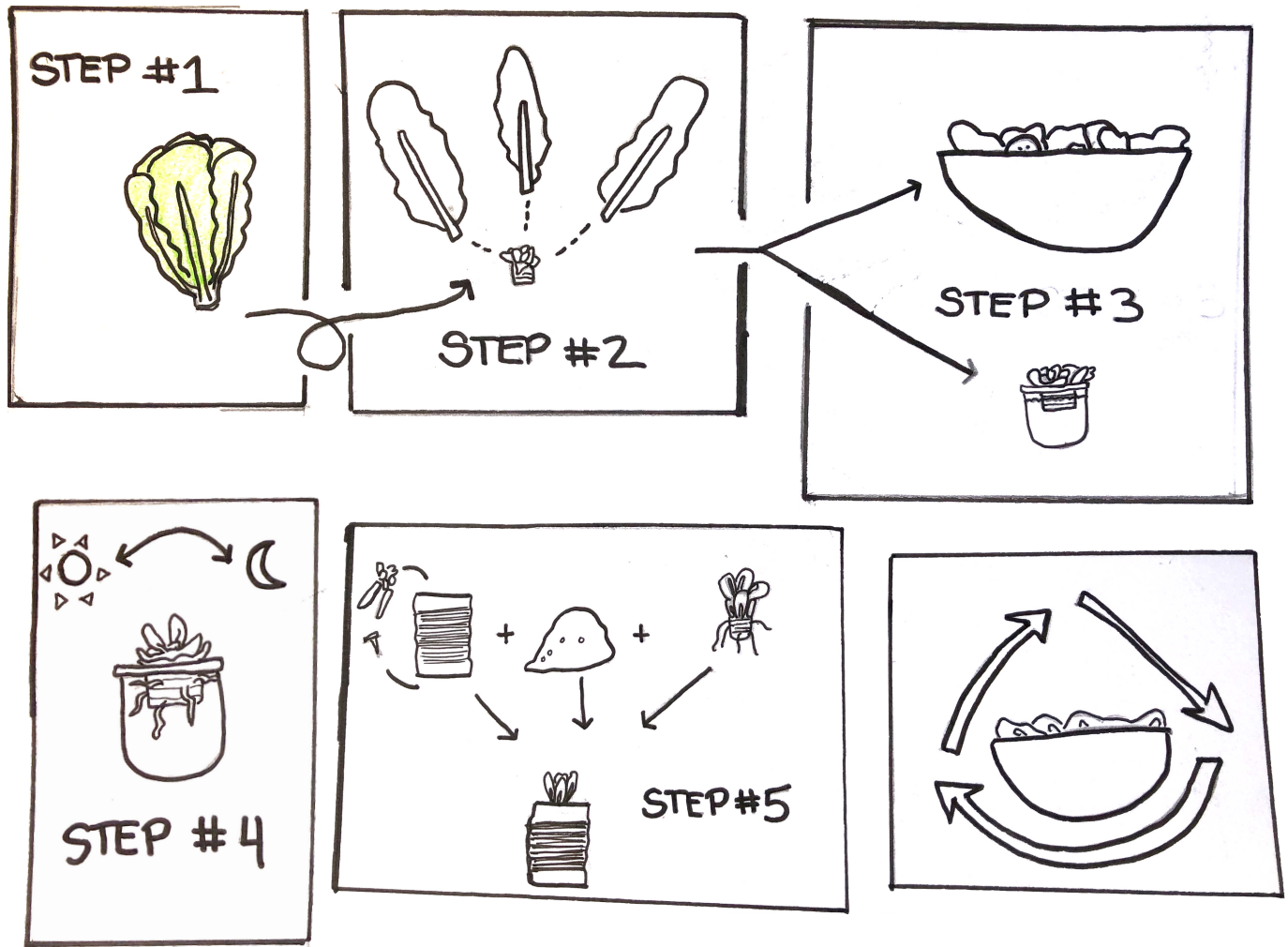
TasteWiseKids



DIY LETTUCE GROWING

Did you know that you could regrow plants from your own food scraps?

Lettuce, celery, and spring onions are three examples of easy vegetables you can regrow by saving a part of the plant.



5 Easy Steps to Regrow Lettuce

1. Start with a full head of lettuce.
2. Pull all the leaves off of the stem except for the smallest at the center.
3. Make a salad with the lettuce leaves, and rest the stem in a glass of water. The stem should not be fully submerged in water.
4. Sit the glass of water in a safe place with some sun. Make sure the lettuce stem continues to be partially submerged in water. Wait for 1-2 weeks, or until you begin to see roots grow.
5. Once roots have grown you can take an empty recycled can and fill it with soil. Dig a tiny hole and place-in the rooted lettuce stem. Press the dirt around it so it is in the dirt and fully supported.

Water the lettuce and watch it grow! Pick the leaves from the outside as it grows to add to a salad or add to a sandwich.

Bonus Activities

Here are some other ideas for growing food scraps from home:

- Try growing another type of plant. Here are some ideas: Celery, spring onion, carrot, beet, mint, potato.
- Keep a scientific journal to track the progress of your scrap re-growth experiments. If you have more than one going, notice if they grow at different speeds. Does the lettuce grow better with more or less sunlight? How many centimeters has it grown in one full day? How many in two? How many days in total does it take to regrow your lettuce?
- On page 2 you can color in the 5 Easy Steps Guide.
- Make a salad!
- If you don't have soil stay at stage 3 and try the lettuce by just using water instead. This is called hydroponic growing!

