

REGROW VEGETABLES FROM SCRAPS!



If you want to reduce food waste and start an indoor garden, it's easier than you might think! This activity uses lettuce, but you can also regrow several other types of vegetables from their own stem. Experiment with regrowing green onions, celery, lemongrass, leeks, chives, fennel and herbs like mint, cilantro or basil.

“LETTUCE” start with some leafy romaine:



YOU WILL NEED

- Lettuce with 2–3 inches of stem (romaine works best)
- A shallow bowl
- Water (about a half-inch)
- A windowsill or some other place with natural light

GET GROWING

- Cut your head of lettuce about 2–3 inches from the bottom.
- Place the stem-end in a shallow dish with enough water to submerge the stem (about 1/2 an inch).
- Place the dish on a windowsill.
- Replace the water every couple of days.
- Watch the lettuce grow.

Within two weeks you should have enough for a side salad or sandwich. If you want to keep the lettuce growing, plant it in a pot with some soil.

Now that's a yummy way
to cut down on food waste!

Learn more about other ways
we can all work together to
reduce food waste.



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