

GROW YOUR OWN VEGGIES FROM SCRAPS



LETTUCE

Using a healthy romaine lettuce will work well for this activity.



STEP 1

Use the base of the lettuce. It is the part that is left when all leaves have been taken off.



STEP 2

Place the lettuce base in a cup or container of water that is 5cm deep (approximately 2 fingers deep).



STEP 3

Once the lettuce base has some roots, plant it in soil, give it a generous amount of water regularly and wait for it to grow!



OTHER VEGGIES

Follow the same steps to grow celery, lemon grass, pineapple, cabbage or fennel from cooking scraps or cuttings.



HERBS

Follow steps 1 and 2, once the herb has roots 5cm long, plant in a small container or inside pot. Basil, parsley or cilantro are good beginner herbs.