

Kitchen Scraps Gardening

Start your own veggie patch by using your old kitchen scraps

All

Food & Health



Background information:

Many vegetables can be regrown from themselves or scraps that you may otherwise have thrown away. This means you will be saving money on your garden and also will be creating less kitchen waste.

These planting activities are great to look at the different parts of our food and how they grow. These can be started in pots or jars on your window sill and continue to grow in pots or beds outside. You don't need huge amounts of space to see some **scientific results**. If you can design and create a recycled plant pot then even better!

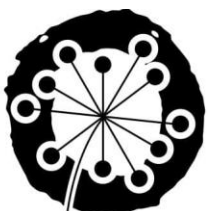
Equipment

- Plant pots/ recycled planters
- Water
- Soil/compost
- Vegetable scraps

Activity

- 1) **Mushroom** – Remove cap and plant the stalk in soil with its top surface exposed. Keep cool and not in direct sunlight.
- 2) **Garlic** – Plant a clove and keep in a sunny window. Keep soil moist - harvest as bottom 1/3 of leaves start to yellow.
- 3) **Potatoes** – Cut into pieces with 1-2 eyes. Dry for a few days. Plant in soil 4 inches deep and at least 12 inches apart.
- 4) **Onions** – Cut off the bottom and let it dry out for a few days. Plant in soil, in sunlight and keep moist.
- 5) **Carrots** – Remove the top to about an inch. Soak it in a tray of water and leave in a sunny window. Once the leaves are sprouting, plant into soil.
- 6) **Ginger** – Soak a chunk in water overnight. Plant in moist soil until shoots appear. Ready to harvest in a year.
- 7) **Leeks/spring onions** – Place root ends (bulbs) in water but not fully submerged. Change water daily and watch regrow.
- 8) **Celery/cabbage** – Submerge roots in a shallow dish. Spray with water and change dish water twice a week. Once leaves sprout, plant the cutting with the leaves above the soil. Harvest-5 months.

Experiment with other vegetables and fruits.
Can you collect any seeds from scraps to grow?



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