

# Kitchen Farming: Regrowing Vegetables at Home Activity

## Materials:

- Clear glass
- Cutting board
- Growth Tracker
- Knife (with supervision)
- Toothpicks
- Vegetables
- Water



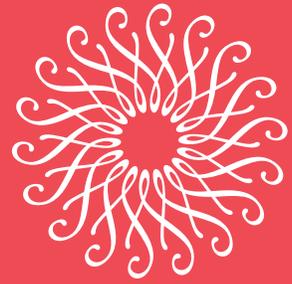
## Did you Know?

Your kitchen is a great place to start growing your own vegetables! Some of the most common produce items found in your home can help you get started. Instead of getting rid of certain parts of produce, you can use those parts to grow a new plant. Track the growth of your kitchen farm using the growth tracker below and plant the growing leaves in your backyard to start your own vegetable garden!

## Extension Activity:

Did you enjoy these growing experiments? Continue your kitchen farming and conduct further experiments by collecting seeds from various fruits you eat. Some fruits we recommend experimenting with are avocados, kiwis, apples, or oranges. Be sure to let the seeds dry and plant them in soil.

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## Romaine Lettuce

1. Place a head of romaine lettuce on a cutting board.
2. With help from an adult, carefully cut the lettuce about 3 inches from the base. Wash the leaves and use them for a salad.
3. Take the cut base and place it in a cup.
4. Add 2 inches of water.
5. Place the cup in a sunny window.
6. In a few days you should start to see new leaves of lettuce growing from the base.
7. Every few days refresh the water in the cup. Once the leaves are large enough, the romaine lettuce base can be planted in soil. When planting, be sure the leaves are above the soil.
8. Pick the new leaves and enjoy eating lettuce fresh from the garden!



## Celery (Bok Choy or Bulb Fennel):

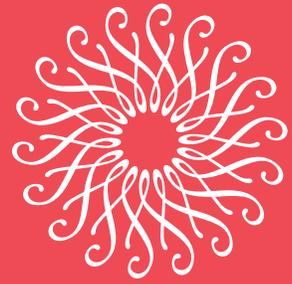
1. With help from an adult, carefully cut all the stalks from the celery.
2. Fill a glass with 2 inches of water.
3. Place the base of the celery into the water. Find a sunny spot to place the glass.
4. Refresh the water every few days and watch new leaves grow. The leaves will thicken over time.
5. Once leaves are growing, the base can be planted in soil. When planting, be sure the leaves are above the soil.



## Carrots (Turnips, Beets, Radishes, Parsnips, Green Onions or Scallions):

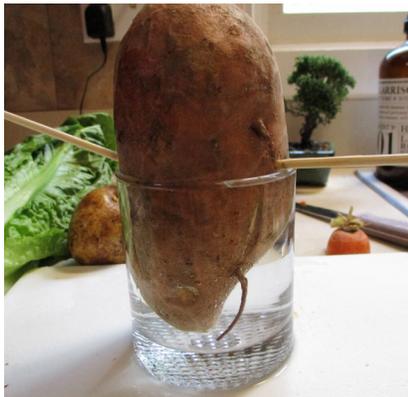
1. With help from an adult, carefully use a knife to cut a carrot 1 inch from the base.
2. Place the base of the carrot into a glass.
3. Add water to cover half of the carrot base. Refresh the water every few days.
4. Find a sunny spot to place the glass and watch for new leaves to grow.
5. Once leaves are growing, the base can be planted in soil. The leaves of the plant are edible and can be used in a salad. When planting, be sure the leaves are above the soil.

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## **Garlic:**

1. Take one clove of garlic from the bulb.
2. Place the clove in a glass.
3. Add just enough water to cover the base of the clove. Find a sunny spot to place the glass.
4. Refresh the water every few days and watch for a green sprout to shoot up in just a few days.
5. Once the sprout is growing, the garlic can be planted in soil. When planting, be sure the sprout is above the soil.



## **Potatoes (or Sweet Potatoes):**

1. Find a potato that has eyes or small growths on the skin of the potato.
2. Carefully place three toothpicks about 2 inches down from the top of the potato, spaced evenly apart.
3. Place the potato in a glass with the larger end down. The toothpicks should hold the potato in place.
4. Add water to the glass, making sure the eyes of the potato are in the water. Find a sunny spot to place the glass.
5. Refresh the water every few days and wait a few days for roots to grow.
6. Once enough roots are observed, the potato can be planted in soil. When planting, be sure the potato and roots are fully covered with soil.

