

## **Kids Vegetable Scrap Recycling Project**

### *How to grow vegetables from the scraps you throw away*

This is a good activity to do with children and teaches them the importance of recycling and reusing vegetable scraps.

There are many sites that you can visit with “how to grow vegetable scraps” videos.

<https://www.buzzfeed.com/caroltan/heres-how-to-turn-your-vegetable-scrap-into-vegetables-again>

<https://www.kidspot.com.au/things-to-do/activity-articles/how-to-grow-food-from-food-scrap/news-story/3ab859ddf01f06098bc20b312ce188d7>

<https://www.abc.net.au/life/growing-new-veggies-from-scrap/12128496>

### **Celery**

Cut the base off, leaving about an inch of celery. Rinse the celery base well and then put it stalk-side up in a shallow bowl filled with warm water. You can put toothpicks in sides of the base to suspend it in the bowl if you wish. Put the bowl on your windowsill and watch the magic happen – the outer sticks of the celery will dry out, but the celery heart will rejuvenate and start to grow again.

Change the water every couple of days to keep it fresh and if you have a spray bottle handy, you can spray water directly into the heart of the celery base to speed things along.

In just one week you'll have mini celery stalks growing in the centre of the base. Now is the time to plant it out.

You can put it in a pot or straight into the garden, but make sure you cover the base completely with potting mix, leaving only the new stalks above the dirt line.

You'll be amazed how quickly your new celery will grow.



### **Carrots**

Same as for celery. Cut base off carrot and put in water with base facing up. Change water frequently. You will find fronds growing after a few days. You can use the green fronds for soups, garnishes and it makes a nice pesto. If you want to grow actual carrots, plant the carrot base in soil in a pot or in the garden.