

You will need:

- Sturdy bowl or cup large enough to hold water and small plant
- Left over vegetables bases (lettuce is used in this example)
- Windowsill with access to sunlight

Optional:

- Camera and notebook to keep up with the changes in growth of your new plant!



Directions:

1. Prepare your meal (or help your adult) using any vegetables you have around, works best with the following items:

- Bok choy
- Cabbage
- Celery
- Green onions
- Fennel
- Kohlrabi
- Leeks
- Lemongrass
- Lettuce and heading vegetables such as Napa cabbage



Step 1

2. Don't throw the scraps away, you can make another meal out of that hard base of the lettuce or the too crunchy celery head.

3. Place the vegetable in the cup or bowl with enough water to soak the base in, do not cover it in water. Make sure the end where the yummy stuff grows from is facing up.



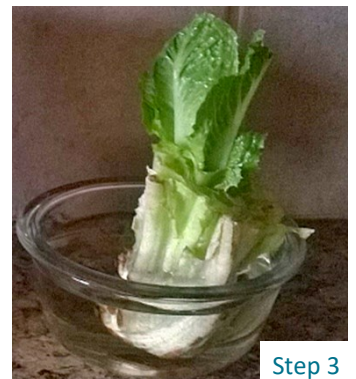
Step 2

4. Sit your cup of scraps on the windowsill and watch as new fresh blooms begin to sprout!

5. Once the lettuce sprouts, usually around three or four days, it should be moved to a soil based pot to finish growing.

6. Soon you will have a new head of lettuce and be able to eat a tasty salad that you grew from leftovers!

7. There are many other vegetables that will regrow using different parts of the plant or in slightly different environments so please consider this before tossing your scraps as it can be a great way to save money on groceries and is also super environmentally friendly! Show us your "salads" on our Facebook page "Adventures in EdZooCation" or tag the North Carolina Zoo at #NCZOO or #NCZOOED.



Step 3