

GROW VEG FROM SCRAPS

Did you know that you can grow vegetables from the scraps that usually go in the bin?

techniques and save money at the same time!

Have fun with these simple green finger

You will need:

A sunny window ledge
Vegetable scraps
Containers for water
Pot and soil (optional)

Green onions

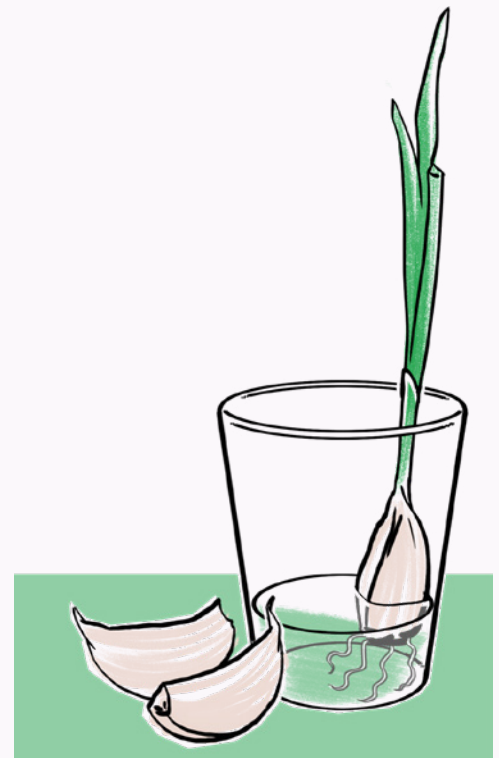
When preparing spring onions, you usually leave an inch at the root end. Keep these and submerge the roots in a cup of water and watch them grow in a matter of days. Keep the roots submerged and change the water every few days.

Garlic

Place an unpeeled garlic clove in a small container. Add a little bit of water to cover the bottom of the clove being careful not to submerge it totally or it will rot. Once you see a green sprout, you can eat this like a spring onion or transfer the sprouted cloves into a pot of soil and grow a whole new bulb. Place the pot somewhere that gets at least six hours of direct sunlight on most days, and keep the soil moist but not soggy. It can take several months to grow completely.

Romaine Lettuce

Take the heart of the lettuce and cut off the end, leaving about 2 inches (the part you would usually throw away). Place this, end down, in a bowl with warm water about $\frac{1}{2}$ inch deep. Change the water daily. As new leaves sprout, you'll want to remove the outer leaves as they begin to turn brown, however the inside will still be fresh and tasty. You won't get a whole new lettuce, but enough to add to sandwiches.



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