

Indoor Gardening - Carrot Tops

INGREDIENTS

- 2–4 carrot tops
- Shallow bowl
- Pebbles (optional)
- Water

Question: Can you think of other parts of plants that would normally get thrown away that could be replanted?

Answer: Other root vegetables such as turnips, and beets. You can also regrow lettuce!

METHOD

1. Take your carrot tops and cut them about 1" from the top. Trim off any leaves from, so they're no longer than 1/2".
2. Put the cut side of your carrot tops down in a small bowl with enough water to cover about half the top.
3. Leave the bowl in a sunny area. Water every day to make sure they don't dry out.
4. Leaves should start sprouting within a week. After a few weeks, the plants should be quite tall, and you can eat the greens!

*Your carrot plants might start producing seeds too! You can plant the seeds to start a brand new carrot crop.



Indoor Gardening - Lettuce

INGREDIENTS

- Bottom of a head of lettuce
- Shallow bowl or jar
- Water
- Soil and a container, if you will, to continue growing indoors. Or plant outside when the weather is warm enough.

Question: Can you think of other parts of plants that would normally get thrown away that could be replanted?

Answer: Root vegetables such as carrots, turnips, and beets.

METHOD

1. Cut off the bottom 1 to 2 inches of a head of lettuce.
2. Put the stem cut-side up in a small bowl or jar with enough water to cover about half the stem.
3. Set the container on a sunny windowsill with bright, indirect light.
4. Change the water every 1–2 days to prevent rotting.
5. New leaves will grow from the center within a few days.
6. Once roots emerge (usually after a week), you can transplant the base into a pot with soil, keeping the new leaves above the soil line.

