

# Indoor Gardening – Carrot Tops

## INGREDIENTS

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



## METHOD

1. Take your carrot tops and cut them about 1" from the top. Trim off any leaves from them, 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 keep them from drying 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.



## 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.