

KITCHEN SCRAP GARDEN!



You can create your own indoor garden from kitchen leftovers! Kitchen scrap gardening is when you grow plants from produce that you would normally throw into the compost or garbage.

Materials:

- Vegetables and fruit scraps (oranges, lemons, limes, sweet potatoes, avocados, carrots, beets, onions)
- Container
- Potting soil
- Water
- Sunny window

Season: any season

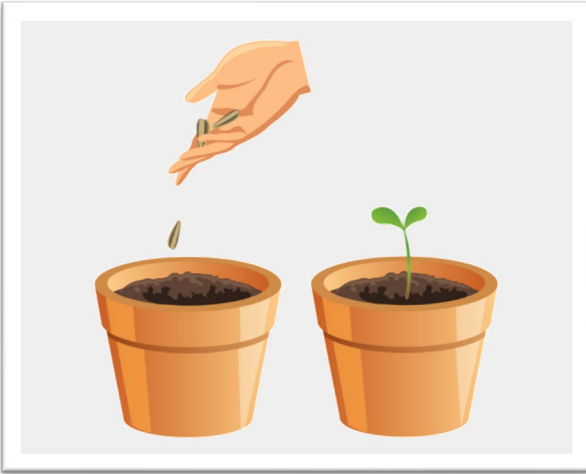
Instructions:

- Look in your kitchen or refrigerator for vegetables and fruits. The best kinds include oranges, limes, lemons, sweet potatoes, avocados, carrots, or ginger



- Depending on the vegetable or fruit, plant in soil or water. Below are some instructions for different types of planting!

Starting small seeds:



- Example: seeds from oranges, lemons, grapefruit, and limes.
- Fill small pot with soil.
- Remove seeds from fruit and plant three to four seeds one inch deep in the pot.
- Wait two to four weeks for seeds to sprout.
- Water regularly
- At six weeks, move seeds and dirt to a bigger pot

Starting big seeds:

- Try growing big seeds from mango or avocado fruits.
- Let an avocado pit dry out for a day or two then plant in a 6" diameter pot filled with soil
- Leave the top of the pit exposed to air

Avocado pits in water



- Take an avocado pit and suspend over a glass of water.
- Poke three toothpicks around the middle of the pit and rest the toothpicks on the rim of the glass
- Add water until it just touches the bottom of the pit.

- Watch the roots and sprouts emerge. You'll need to be patient! It can take a month or two for roots to appear.
- Once roots and sprout emerge, transfer to soil.

Growing plants from tubers (sweet potatoes, ginger, potatoes)

- Prop sweet potato over a water-filled glass by poking three toothpicks in a circle into the middle of the tuber.
- Put glass in a sunny window
- Soon roots will sprout from the section in the water
- Wait a few more weeks and stems and leaves will grow from the top of the tuber!
- Once the roots have emerged, you can plant in a container with soil

Spicy greens:



- Using garlic or onions
- Plant cloves of garlic or bulbs of onions just below the surface of containers filled with potting soil.
- Within a few weeks you'll see sprouts!