

# Waikato

# ENVIROSCHOOLS



## Windowsill Vegetable Garden

Did you know that you can re-grow some vegetables from the bits that you would normally throw away?

**You will need** - vege scraps, a few small dishes or bowls, water, a sunny windowsill.

### Instructions

- Place vegetable scraps in the dish with about 1cm of water.
- Put dish on a sunny windowsill, or somewhere else where it will get sunlight.
- Change water every day so it doesn't get slimy.
- Wait and watch as new roots and leaves grow (this might take a few days).
- Plants can either be harvested when you have enough leaves to use, or planted in the garden when they have lots of healthy roots.

Lots of different veges will re-grow using this method. Here are some pictures to help you get going. Celery is a really easy one to start with.

Why not try with a few different types of vegetable - which ones work and which ones don't? Can you see a pattern?

Make a note of when you start growing your vegetables so that you can track the progress. You could also take a picture of your windowsill vegetable garden so that you can see the growth over time.

Write up your findings and share them with your friends and family so that they can start their own windowsill vegetable garden too!

