

Resourceful growing

Why not try using your vegetable scraps and seeds to grow plants. This can actually be done with a wide variety of fruits, vegetables and herbs. Encourage children to give it a go with what they have at home.

Here is an example of what to do with carrot tops (one of the easiest to start with):

Place your carrot tops in a small container, saucer or plate of water and leave them in sunlight (a sunny windowsill would be great). Replace the water every day so that it is fresh and encourage children to look closely for any changes. It will take a few days, but eventually the carrot will sprout shoots. Once this has happened, it is ready to plant.



Other vegetables that are quite easy to try:

- Celery
- Basil
- Mint
- Romaine lettuce
- Pineapple

For more information and some useful infographics check out this blog from the [Food Revolution](#).

Brought to you by the Herts for Learning Primary Science team.