



## Growing From Your Food Scraps

**Summary:** Did you know that a lot of the produce in your kitchen will sprout new growth just by putting it in water or soil? This activity explores growing food from the ends and scraps of produce in your kitchen.

**Before you get started:** For this lesson, you will need to look in your kitchen and see if you have any of the following vegetables:

Potato	Green onions	Celery
Garlic	Lettuce	Daikon
Carrots	Beets	Turnips
Ginger	Bok Choy	Leeks
Radishes		

**DO:** Once you have identified the vegetables you want to grow, look at the [Growing From Your Food Scraps Guide](#) for directions on how to grow.

**WRITE:** Now that your food scraps are beginning to grow, record your observations [Growing Food Scraps Observation Chart](#).

### Student Notes:

- If you can, take a picture of your vegetable twice a week for two weeks. Describe what you see in each photo.
- Growing from food scraps is an experiment, sometimes things grow, other times they don't. Make a hypothesis for how each different food scrap will grow. What do you think will grow best?
- **Share photos with us!** Post images on your social media Tag [@edibleschoolyard](#) in the photo and use the hashtag [#EdibleEdathome](#). You can also send us the photos of what you grow and we can post them on our social media platforms. Email us at [learning@edibleschoolyard.org](mailto:learning@edibleschoolyard.org).

### References:

- Growing Food From Kitchen Scraps. (n.d). *Temple University*. Retrieved from <https://sustainability.temple.edu/resources/green-tips/growing-food-kitchen-scraps>
- Reilly, K. (2018, February 07). *How to Grow Fruits & Vegetables from food scraps*. Eating well. Retrieved from <http://www.eatingwell.com/article/290729/how-to-grow-fruits-vegetables-from-food-scraps/>
- Science made simple.(n.d). The Scientific Method Retrieved from [https://www.sciencemadesimple.com/scientific\\_method.html#hypothesis](https://www.sciencemadesimple.com/scientific_method.html#hypothesis)

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### Notes for Teachers and Parents

- This activity supports students in practicing *creating*: undertaking projects that have tangible results both in the kitchen and garden.
- This activity encourages students to feel that cooking and gardening are more accessible.
- This activity supports students to learn hard skills in growing and preparing food like knife technique, building a well-balanced compost pile, etc.
- This activity integrates experiences that support the development of relationships to food and the land.
- In the *student notes* section of this document, we make recommendations for extending the lesson. This lesson can be easily adapted to become a science lab that incorporates students practicing the [scientific method](#). Extend the garden [Growing Food Scraps Observation Chart](#) and integrate scientific terms and concepts.