



Sprouting 'Scraps'

Save our Scraps! Reduce food waste and grow your own, from what you would usually throw away.

Ages 3 and up

Starter activities:

Find out which part of the plant you are eating as a vegetable: Is it the root, the shoots and leaves or the bulb? Children can draw and label the whole plant, showing the part they eat, or younger children can just draw the vegetable. You could discuss how it is important for the planet that we reduce all our waste, and this includes food waste.

You will need:

Vegetable scraps, jars or containers. Optional: flowerpot and soil for planting up.

Main Activity:

1. Save the top 2cm of root vegetables (like carrot or beetroot) or the bottom 2cm of whole head leafy vegetables (like cabbage, lettuce, spring onion). Loose leaves will not sprout!
2. Place the vegetables in a dish of shallow water, so the leaf end is upwards. With root vegetables this means placing the cut side downwards. Try to arrange your vegetables so they will grow straight upwards.
3. Place where they will get some natural light and change the water every few days. Watch your vegetables sprout roots and shoots!
4. You can keep them on a sunny windowsill or pot them up to go outside in spring and summer. Make sure the roots or base are well nestled in the soil and the sprouting part is above ground. Remember to keep watering them and then enjoy watching them grow or harvesting leaves to eat. (Did you know that carrot and beetroot sprouts are edible and very nutritious?!)
NB: DO NOT EAT PARSNIP LEAVES. Check for other safe vegetables [here](#).



Bonus activities:

Audit your household waste: do you compost or recycle? Perhaps children can make their own household recycling poster. Ask children to find or help prepare a recipe using the food they have grown. Upcycle a glass jar or welly boot or other suitable items as a planter, by decorating it.