

Grow vegetables from scraps

It's possible to grow vegetables from kitchen scraps that would normally end up in the bin! This can be an interesting and budget friendly activity to involve children in.

Basil

- Take a stem of basil that is about 10cm in length and place in a glass of water with the leaves well above the water line.
- Leave the glass sitting in a bright area but not in direct sunlight.
- Roots should begin to form in a few days and when those roots reach about 5 cm, you can plant the basil stem in soil.

Spring onions

- Take a few spring onions that still have the roots intact. Trim the tops of the onions leaving about 5cm of onion above the root.
- Place them in a clear glass. Fill with water leaving 2cm onion above the water line.
- Keep the glass near a sunny window and change the water at least once every 2 days.
- It won't take long before new shoots begin to grow and can be trimmed and used for cooking.

Sprouting made easy

It's easy to grow your own sprouts – they're good for you and taste great in sandwiches, salads, stir fries and even cheese omelettes!

This activity provides children with an opportunity to learn about how food grows.

You will need:

- Dried sprouts (mung beans, alfalfa etc) from health food store, or seed section at a hardware store
- A large glass jar
- A piece of Chux™ or cheesecloth
- A rubber band

What you do:

1. Put half a cup of dried sprouts in a strainer and wash them, then place them in a large glass jar. Cover the top with a piece of Chux™ (or cheesecloth) and hold firmly with a rubber band.
2. Rinse the beans again and drain off the water. Put jar upside down in a clean, cool, dark spot in your kitchen (a kitchen cupboard is ideal). If possible try to rest the jar on a slight angle to allow the excess water to drain off.
3. Rinse the beans a few times each day with fresh water, rinse and replace the Chux™ and return the jar to the cupboard. Be sure to drain them well each time.
4. In a few days the beans will begin to sprout. When they are about 2cm long, tip them into a strainer, wash and remove the loose 'shells', drain and eat, or store them covered in the fridge to use later.