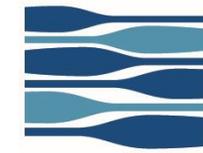


How to re-grow your food scraps



River & Rowing
Museum
Henley on Thames

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Did you know you can regrow the bits of lettuce and spring onion that you'd usually throw away?



By cutting off the end of your spring onion or Romaine lettuce and putting it in water it can regrow!

Put the cutting into a shallow bowl of water and watch it grow. You should have some new spouts within days.

Remember to change the water every couple of days. Top it up if it all dries out. Remove any bits that fall in the water as this will make the water slimy.

Once you have about 5cm of regrowth you can put your new veg into soil like the ones below.

This spring onion and purple lettuce were regrown from scraps that would have otherwise been thrown away.

Save your scraps, save money and save the environment!

Benefits of re-growing your veg:

1. Less waste.
2. Saves you money.
3. It's fun to do!

Cut where the line is and stick the bottom half in some water.



re-grown spring onion



re-grown purple lettuce

Did you know you can get free plants by saving your seeds and pips?



If you ever eat a lychee, save the seed and stick it straight in some damp soil and keep in a sunny spot. Keep the soil moist and a shoot should spring up within a week.



Benefits of having plants in your home:

1. Improve your mood
2. Better mood leads to better sleep and feeling more relaxed which leads to a better immune system.
3. You learn how to care for something which gives you better compassion for others.
4. Plants improve and purify the air quality in your home.
5. They help make your home more humid which also improves air quality and stops you from getting a dry mouth while sleeping.

- When you eat avocados save the pip.
- Wash off any remaining avocado and scrape off the brown outer layer.
- If this is hard to remove, you can put the pip into warm water for 10 minutes and it should soften and the layer come off more easily.
- Once the outer layer is removed wrap the pip in damp kitchen roll and put it into a plastic container.
- Store in a dark cupboard. Remove every so often to make sure the paper towel is still moist.
- You should start to see the pip open up and a sprout start to come out within a week.
- After a couple of weeks the roots should be long enough to plant in some soil.
- Keep watered and keep inside or out. Within another week or so leaves will start to sprout.
- It takes 10 years before avocados start to grow but it does give you a beautiful plant for your home or garden.

