

Grow Your Own Vegetables

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Grow carrots from carrots



You will Need:

- Carrot tops
- Water
- A dish/plate

What to Do:

1. Before cooking, save the carrot tops after chopping your carrots. This reduces waste and creates new plants for the environment!
2. Fill the bottom of a shallow dish or plate with water and place it somewhere that gets sunlight.
3. Place the carrot tops on the plate, ensuring that the bottoms are covered with water, but they are not completely submerged.
4. Keep an eye on the level of water for the carrots and top up when needed.
5. Watch your carrot tops begin to sprout roots.

Old tomato, new tomato!



You will Need:

- 1-2 tomatoes
- Soil
- Plant pot

What to Do:

1. Ask an adult to help you slice some tomato. You will need the centremost slices, can you see the seeds inside?
2. Simply place some slices slightly apart in compost and add a little more compost to cover them.
3. Place them in a sunny place, make sure to water them and watch them grow...simple!