



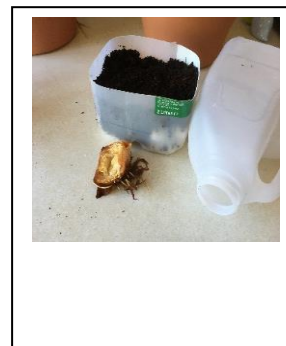
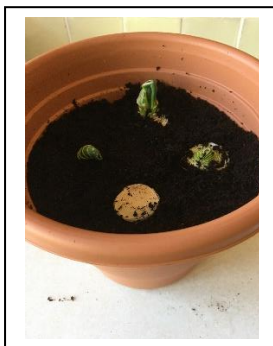
Friday, 17th April Part 2
Growing veg from scraps!

WOW!! A lot of vegetables you can grow from veg scraps or from the veg itself! You don't need a garden, you can grow a lot of veg in pots. 😊

Leeks:

- Cut a couple of centimetres off the bottom of a leek. Make sure it has roots. If not, let it sit in water to root first.
- Then plant in soil.
- They'll start to grow in 2 weeks

You can do the same thing for spring onions, onions and celery!!




inSpire



Onion planted in the bottom of a milk carton

Potatoes are great and easy to grow. You can grow them in big tubs or in old dustbins.

- Leave your potatoes until they start to shrivel and the eyes start to sprout.
- Put some soil in your container or plant straight in the ground.
- Plant with the shoots pointing upwards.
- Cover them with a good layer of soil.
- As the shoots grow through the soil, keep topping up with more earth.



Growing veg tops is fun to do. You won't get new veg from them but you can eat carrot tops as salad leaves, use them in soups or turn them into pesto (if you have enough!!)



Garlic and ginger

This takes longer to grow (8-9 months) but is worth the wait!

- Choose big cloves of garlic and plant in the ground or in a pot, flat end down.
- Take a chunk of ginger and again, plant in the ground so it is upright.

Making more herbs

Take cuttings of any shop bought herbs: rosemary, mint, basil, thyme

- Take a stem and remove the bottom leaves.
- Place the stem in container of water until it starts to root.
- Plant in soil in the ground or in a pot.

Make sure the stems are not thick but are green and flexible. If the herb is more woody, cut the stem at a 45 degree angle.



Have fun! You can go mad with this at the weekend! And don't forget to check out the audio books! 😊 See you again on Monday!or you can join us at Sunday's Cool Online on Sunday!

