

Name _____

PLANT ONCE, EAT AGAIN!



LETTUCE
GROW

Discussion Questions:

1. What are fruit and vegetable scraps?
2. Where do fruit and vegetable scraps go?
3. Have you heard of any vegetables they can grow from scraps?
4. Is there anything else you can do with fruit and vegetable scraps?
5. Which of your Farmstand vegetables do you plan to try to regrow?

ACTIVITY

Materials Needed:

- ☐ Romaine base
- ☐ Celery base
- ☐ Carrot tops
- ☐ Green onion base
- ☐ Water
- ☐ Four Bowls



The romaine base, celery base, carrot tops, and green onion base can be placed in shallow water in the sun to regrow some of the plant. After they have started to grow roots, they can be replanted into a Farmstand grow cup (except for the carrots) using a bit of hydroponic growing medium.

“Plant Once, Eat Again”

Suggested Answer Key For Teachers

1. The ends of fruits and vegetables that are no longer needed. This can be the root end of lettuce, the tops or peels of a carrot, etc.
2. Answers will vary. Some may throw them in the trash, others may compost.
3. Answers will vary.
4. You can feed them to chickens, pigs, or other animals, you can make vegetable broth with the help of a parent.
5. Answers will vary.



LETTUCE
GROW

lettucegrow.com