

Your Mission: Use kitchen scraps to start sprouting garden plants!

1. Determine which vegetables you want to plant – choose as many as you like. As a club, decide where to source the scraps needed and how many of each you will grow.
2. Carefully prepare your plants following the instructions.
3. Tend to your plants over a few weeks and observe them sprouting. Make sure you take photos regularly.
4. Share the results with those around you. You can even create a how-to guide with before, during and after pictures.
5. Fill out the activity report and send pictures of your plants to complete this part of the quest!



Instructions

Materials needed



Tomato & Cucumber

Plant the seeds in a pot or an eggshell. Make sure they have enough (but not too much) sunlight and water. They can be moved outside when they are ready.

- Tomato or cucumber seeds
- Soil
- A pot or an eggshell and egg carton or something to hold the egg shells in



Lettuce

Place the bottom of the lettuce head in a dish with some water in the bottom. After a few days, roots will begin to form.

- Rooty bottom of a head of lettuce
- Dish
- Water



Avocado

Stick toothpicks in an old avocado pit, then prop it up in a small glass filled with water. The pit should be about half covered. It will start to grow roots in about a week or two.

- Avocado pit
- Toothpicks
- A small glass



Onion

Place the root end of an onion in a pot under a small layer of soil. Keep the soil moist and sprouts should appear within three weeks.

- Root end of onions
- A pot
- Soil