

Windowsill Growing From Food Waste

You will need -

Shallow Bowl/Dish
Jar/Glass
Recycled Seedling Pot
Peat Free Compost/Soil

Food Waste -

Celery Bottom Carrot Tops
Lettuce Bottom Leek Bottom
Green Onion Bottom
Herbs - Basil/Lemongrass
Seeds - Peppers/Tomatoes

Home grown fruit and vegetables contain more vitamins and nutrients for a healthy diet, save you money and reduces the amount of food we waste each year.

Getting Started -

Make sure you have -

- All your food waste and equipment you are using ready and to hand
- A clear workspace (outdoors if using soil)
- A place to plant or transfer your plants to outside, which is clear of weeds

Get ready to start by -

- Removing any jewellery or watches (if planting outside)
- Tying hair back
- Rolling up sleeves

Remember to wash your hands when you have finished handling any waste or soil.



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Method - Lettuce/Celery/Carrots -

1. Fill your shallow bowl or dish with water
2. Place the bottom of your Lettuce/celery or the top of your carrots in the water
3. Dampen the top of your food waste to stop it from drying out
4. Place on a sunny windowsill
5. Replace the water every few days and keep the top damp
6. Once you see new growth established, transfer into your outdoor planting area

Method - Green Onions/Leeks

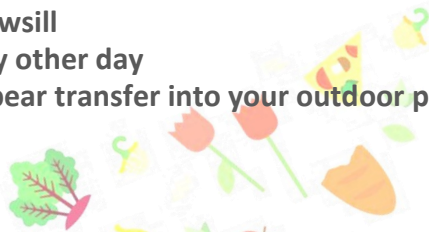
1. Place the bottom of your leeks or green onions into a jar/glass
2. Cover with water
3. Place on a sunny windowsill
4. Replace the water every other day
5. Use the green portion as it grows

Method - Herbs

1. Place the lemongrass stalks or the stem of your basil into a jar/glass
2. Fill with water
3. Place on a sunny windowsill
4. Replace the water every other day
5. When roots start to appear transfer into your outdoor planting area or pot

Method - Seeds

1. Remove your seeds from your pepper/tomato ..
2. Fill your seedling pot with compost/soil to about $\frac{3}{4}$ full
3. Add a couple of seeds to each
4. Cover with more compost/soil
5. Place on a sunny windowsill and water
6. Keep watered until the new growth is a few inches tall
7. Transfer into your outdoor planting area or pot



Find more growing ideas and grow-a-long videos at -

www.healthyschoolscp.org.uk/healthy-eating/foodsmartforthehafprogramme