



Teaching Tips

“Little moments, a big impact.”

WSU Tri-Cities College of Education is committed to quality learning during this time of uncertainty and new circumstances. “Teaching Tips” is a quick resource for families in their role as educators to their homebound children.

“Growing Vegetables from Kitchen Scraps” by Kathleen Cowin

Suggested age/grade level: all

Start your own veggies and fruits using kitchen scraps! Celery, lettuce, Bok Choy, cabbage, fennel, turnips, potatoes, garlic, onions, ginger root, avocados, and pineapple can be fun to grow and observe.

Put a celery stalk or the white root end of a green onion in a container with a little water. Keep the container in direct sunlight and change the water every day. When you see roots beginning to grow on the celery, plant it in garden soil. As the green top of the onion grows, you can snip it off and use it. Watch for seeds from other food items in the kitchen such as peppers, tomatoes, apples, cherries, and lemons, and while a tree takes years to grow, it can be fun to watch the seeds grow and mature.

For more ideas: <https://www.diyncrafts.com/4732/repurpose/25-foods-can-re-grow-kitchen-scraps>

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