

2-3
Week
Activity
For
Everyone

New Life to Old Vegetables

To celebrate the 50th Anniversary of Earth Day, taking place on Wednesday, April 22nd, we are focusing all activities on the earth and how we can help it thrive. When cooking with any vegetable, we often discard parts of the plant in the preparation process, however, many of these discarded parts can be used to regrow the plant, reducing food waste. Let's look at how this happens with *Celery*.

6 STEPS TO REGROWING CELERY

1. Start by cutting the bottom two inches of the celery off from the rest of the stalks.
2. Next, slice a thin layer off the very bottom of the root (*see picture Step #2*). Place the celery root up right in a cup filled with about an inch of water.
3. Keep celery in this cup and watch it grow for two weeks. Make sure to change the water every few days so the plant doesn't rot. You will see small leaves and stems appear in a few days.
4. After two weeks, your celery should have re sprouted (*see picture Step #4*) and is now ready to be planted in soil. Loosely fill a pot with damp soil leaving an inch of space from the soil to the top of the pot.
5. Using your hands, make a hole in the center of the soil that is big enough to fit the celery root in. Take the celery root from the cup and place it in the hole. It is important that you cover the whole root of the celery (all of the old celery) making only the new sprouted leaves visible above the soil.
6. Keep the plant in a space with medium sun exposure. In a few short weeks, you will have home grown celery ready to harvest.

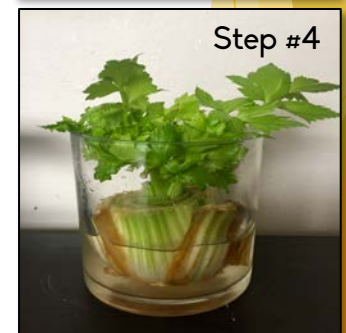
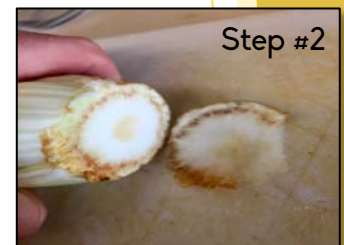
Discussion Questions:

- Vegetables are a main part of our diets but also make up 30% of annual food waste in Canada. Why do you think vegetables make up 30% of annual waste?
- What are some strategies we can use to reduce food waste?
- Why is being aware and reducing our food waste important?
- How do you feel when growing vegetables from scraps?
- How can you empower others to be more aware of their food waste?

No Celery? The video link below will show you more vegetables can be grown from scraps.



<https://www.youtube.com/watch?v=936oT5Gruek>



Materials Needed:

- Store Bought Celery
- Knife
- Cup
- Water
- Potting Soil
- Pot