



KIDS for the BAY

A Project of Earth Island Institute

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Everyone is an Environmentalist!

Kitchen Scrap Garden

Use the principles of Reduce, Recycle, and Reuse to create an indoor garden from your leftovers!

Activity Summary

There are many plants that can be regrown from parts that are commonly thrown in the garbage or compost pile. This activity can save money, cut down on food waste, and teach valuable lessons about nature and sustainability.



Directions

1. Discuss the Five Rs principals - Reduce, Reuse, Recycle, Rot (compost), and Refuse.
2. Look around your kitchen for potential fruits and veggies to regrow. Some of the best are oranges, lemons, limes, sweet potatoes, avocados, carrots, beets, onions, celery and ginger. You can use all of these and many other vegetables and fruits to make new plants and more food.
3. Plant scraps in potting soil or submerge part way in water in containers. The best method for encouraging new growth will depend on the plant and plant part represented (see Additional resources section for links to articles and videos explaining how to regrow specific types of produce).
4. As plantings get bigger, consider placing outside where they can get more sun and have more space to grow.
5. While looking through your kitchen, or while you are setting up your kitchen scrap garden consider these questions:
 - a. How do the Five Rs principles help our planet?
 - b. Does food waste end up in landfills?
 - c. How does this activity reduce waste?
 - d. Does regrowing food from scraps cut down on trash from food packaging? How?
 - e. Do all plants need to start from a seed to regrow?
 - f. What part of the plant do you usually eat- the leaves, stems, or roots?

Share your experience with us!

Email kidsforthebay@gmail.com to share photos, videos, comments or questions.

Tag us on Instagram and Facebook @kidsforthebay. Use **#EveryoneisanEnvironmentalist** in your posts.

Location

Your kitchen!

Supplies

- Vegetable and fruit scraps (oranges, lemons, limes, sweet potatoes, avocados, carrots, beets, onions, and ginger work well)
- Growing containers (glasses, jars, plastic food containers, anything that can hold soil or water)
- Potting soil
- Water

Additional resources and related activities

1. How to Grow Fruits and Vegetables from Table Scraps article:

<https://www.gardentech.com/blog/gardening-and-healthy-living/growing-food-from-kitchen-scrap>

2. Regrow Your Kitchen Scraps videos:

<https://www.youtube.com/watch?v=rk2Z954prz4>

<https://www.youtube.com/watch?v=lyt5hRV7kXM>

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