Nourishing Our Nation

REGROW YOUR SPRING ONIONS

BACKGROUND

Regrowing vegetables is a great way of doing your bit to minimise food waste. It is really rewarding and quite magical watching your spring onions re-grow on your own windowsill. Whilst spring onions are the easiest to start your regrowing journey, lettuce, carrot tops, celery, basil (and so much more), can be brought back to life. See how many can you regrow!

THE SCIENCE BEHIND GROWING

A vegetable is in fact, a type of plant. Plants help people to grow and live – not only because they produce food for us to eat, but they also produce oxygen to help us breathe.

What do plants need to grow?
What do you think is the best place for plants to grow? Plants need…

1. Sunlight
2. Water

Question: where in your home can you find a sunny place?
(Answer at the bottom of worksheet)

WHAT WILL YOU NEED?

- Glass/jam jar or small bowl
- Water
- Bright windowsill
- Spring onions

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www.ukgarvest.org.uk

STEP 1

Cut your spring onions about 5cm from the root (this is the white bit). Then use the rest of the spring onion (both green and white) for cooking.

STEP 2

Place the roots of your onions in your glass or small bowl. Add enough water to come halfway up the onions– so the roots can drink up the water

STEP 3

Place your glass on a bright windowsill and watch them grow. Make sure to replace the water every other day to keep it fresh!

Answer: a sunny, warm windowsill. Not a cold, dark place like the fridge or a cupboard. Without enough sunlight and water a plant will die.