

Plantastic Reproduction

Introduction: You will learn how to regrow lettuce, scallions, bok choy, or celery in your house without fertilizer or dirt! All you need to do is put your used head of greens into a bowl of water, and you will find new growth after a few days.

Approximate Time: 15 minutes to set up, days for the regrowth to happen

Materials:

- Transparent glass or cup
- Head of lettuce or other head of greens
- 3 toothpicks
- Water
- Knife
- Cutting board
- Sunny windowsill



Procedure:

1. First, find a trusted adult to help you cut the head of greens that you selected at the bottom, so you have 3 to 4 inches left.
2. To avoid rotting, peel the outer layer of greens. These can be eaten or discarded.
3. Insert 3 toothpicks into the side of the head of greens. The toothpick should only be inserted 2 to 3 inches in.
4. Fill the bowl or cup with water so there is just enough that the water touches the bottom of the head of greens.
5. Place the head of greens into the cup. The toothpicks should prop up the head and keep it from touching the bottom of the glass.
6. If you notice that the bottom head of lettuce is not fully submerged in the water, remove it and fill it with water as much as needed. You can place the head back in when finished refilling.
7. After a few days, you will notice that the water is beginning to turn yellow. Each time this happens, replace the water in the bowl. Make sure that the head of greens stays submerged in the water!
8. Eventually, rich, green leaves will emerge from the core of the head. Have a trusted adult use a knife to cut off the new lettuce leaves, and you now have fresh lettuce in your own hand!

Tips & Tricks:

- Try comparing the regrowth of various heads of greens!

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