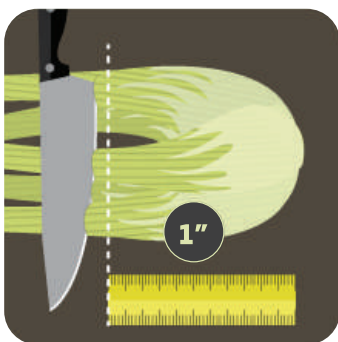


# Grow Your Own Food from Scraps!

Did you know that some fruits and vegetables can be grown just from the scraps you may have otherwise thrown out or composted? Well, you can! Follow the instructions below and you'll have your own mini garden in no time.

## Growing Celery and Romaine Lettuce

The easiest vegetables to grow are leafy vegetables that grow in heads, like celery and romaine lettuce.



### STEP 1:

Cut off the base of the plant - the piece that you wouldn't normally eat - so that you have a piece that's about 1 inch tall.



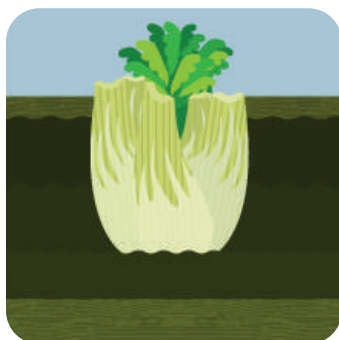
### STEP 2:

Place it cut side up in a shallow bowl and add ½ inch of water. Make sure you refresh the water every other day so that your plant doesn't get moldy.



### STEP 3:

Place the shallow bowl on the windowsill and watch it grow!



### STEP 4:

Once roots are showing and there is new green growth, you can transfer your plant into a pot with soil and harvest once your new plant is ready!



### STEP 5:

Enjoy your new celery!