

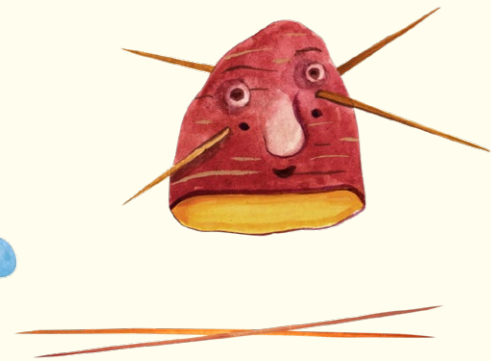
Grow Veggies Indoors

You Will Need

- Toothpicks
- Half a sweet potato
- A glass of water
- Spring onions
- Soil

Did you know that some vegetables will regrow from kitchen scraps? And once they're grown, you can eat them all over again! All they need is a glass of water or a little soil.

1



Halfway up the sweet potato, stick a few toothpicks through. This will allow it to balance on the rim of the glass.

3



Place the sweet potato in the glass, with the cut part underwater and the uncut part above the water.

2



Fill the glass with fresh water, leaving a few inches of space at the top.

4

Put your sweet potato person somewhere with lots of light but no direct sun. It should start sprouting shoots with little leaves within a week. Make sure the bottom stays underwater at all times.

5

As the sweet potato grows, its vines will scramble up a window frame if you let them. The leaves are edible and can be used in salads or stews.



You can follow similar rules for spring onions in soil.

1



2

