



Grow Your Own Celery

Did you know you can grow your own celery from kitchen scraps? This is a great way to save money by growing your own and learning how vegetables can grow

Resources:

- Glass bowl or jar
- Plant pot and potting soil
- Root of a celery
- 1 litre drink bottle

Step-by-step guide:

1. Chop the base off leftover celery, about 5cm from the stalks
2. Stand the celery base in a glass bowl or jar and fill with enough water to cover around 1 inch of the celery base
3. It will take a few days/ 1 week for leaves to begin to appear from the top and thin roots from the bottom.
4. When the new roots are about 1 inch long, you're ready to plant the celery
5. Place the celery stump in potting soil or directly into your garden. Cover with soil up to the new leaves (you don't want any of the original stalk to be visible)
6. When the stalks start to grow, cut the top and bottom off a 2 litre drink bottle. Place the cylinder around the plant to make a mini greenhouse
7. You'll soon notice celery leaves regenerate from the base, as well as a few small stalks. Harvest your celery when it's fully grown and then repeat the process

Top Tip: you can use the celery in salads, soups and to have at snack time with dips such as hummus or cottage cheese