

Scoil Mhuire Science Week 2020

We would like to invite all of our school community to get involved in some activities for Science week this year.

The first of which is "regrowing vegetables from food scraps"

In a world where we are all trying to be more sustainable getting into gardening in this small way could spark a bigger interest in food production and reduction of food waste in our community.

Its actually really easy to start regrowing some veg from the parts that we may not all include in our meals. Some of these will grow to produce more edible parts, (some will not)...but that's all part of the fun!



Here's how to do it:

Carrots: (this will just grow a carrot plant)



Place the carrot top in a little bit of water for a few days (5-7days). This will activate the roots and shoots to start growing again.

You should see some little green shoots forming at the top of the carrot in around day 3-5!

Its best to place your carrots in a window that gets a good bit of light, but one that doesn't get too warm!

Eventually you can replant these into a pot with potting compost, leaving the stems over the soil.

Spring onions:

- Slice off the ends of the bulbs, leaving roots attached.
- Stand the bulbs root-end down in a small jar. Add enough water to cover the roots, but leave the top edges above water.
- Set on a windowsill and keep the roots moist. After a few days, green shoots will emerge from the tops of the bulbs. After that, they'll grow very quickly.
- Keep the roots submerged and change water at least once a week.
- When the shoots are or four or five inches long, you can plant them in the ground or a pot filled with good quality potting soil. If you keep the root ends in the jar, they will produce green shoots for a while but the plant will weaken eventually and stop producing.
- Snip off what you need, cutting the leaves all the way to the ground; the onions will continue to grow in the ground almost indefinitely, although they could get to be much larger than the green onions you find in your grocery store.



Avocado's:

Growing an avocado plant indoors is just a matter of coaxing its pit to root and sprout. It won't bear fruit, but you'll have a cute little new houseplant for free. Here's how to get one started:

- Once you've finished your avocado, wash and dry the pit.
- Fill a jar with water, almost to the brim.
- Locate the broad end of the pit. This is the end that will point down into the water.
- Press three toothpicks around the pit. These will suspend the pit from the rim of the jar. Place the toothpicks so about one inch of the avocado pit is in the water. (you don't need to put the tooth picks in the whole way through just enough to keep it suspended on the top of the water)
- Place the jar in a warm, sunny spot, but out of direct sunlight. A window sill is pretty ideal.
- Replenish water as needed.
- Your pit should start to sprout roots and a stem in two to six weeks.
- If you don't see any growth by eight - nine weeks, start over with another pit.
- When the roots have grown thick and the stem has leaves, plant in soil in a pot about ten inches in diameter, leaving half the seed still exposed above the soil.



This one actually works really well - it takes a little bit of time to actually see anything happening with a root or a shoot but once they appear it grows pretty fast! I did this at the start of March and now my plant is about 3ft tall! (Ms Healy)

*These are just a few examples, but you can do this with so other many vegetables.

* Herbs are also a really nice thing to grow indoors - chives and mint grow really easily!