

CARROTS AND OTHER ROOT VEGETABLES

WHAT YOU WILL NEED:

carrot tops

gravel

pie plate or shallow dish

small knife

HOW TO: *Place a layer of gravel in a pie plate or dish about 1" deep. Slice the tops off several carrots. Fat carrots work better than skinny carrots because they have more food stored inside. Save the rest of the carrots to cook for dinner or eat them as a snack. In any case, don't throw them away! If the carrots still have their greens, cut them off. Place the carrot tops on the gravel. Pour water over the gravel so that it comes up around the orange part of the carrot—about 1/4". You don't want the water to cover the top completely. This will cause the carrot to rot. Place the pie plate in a light spot, but not in direct sunlight. Check the water level every day. Don't let the carrots dry out. In about 5 to 7 days sprouts should begin to appear. Soon you will have a feathery green garden. They will continue to grow for about 1 month but they will not develop roots. You can also sprout turnips, parsnips, beets, and onions. See the illustration on the next page.*



SWEET POTATO

WHAT YOU WILL NEED:

sweet potato, firm and unblemished

clear glass jar or bottle

toothpicks

charcoal



HOW TO: Sweet potatoes make wonderful houseplants. They grow quickly, are inexpensive, and are easy to find. Select a sweet potato that is fat, firm, and unblemished. Find a suitable glass container. If necessary, insert 3 toothpicks around the middle of the potato for support on the rim of the glass. Place the potato root end (the skinny end) in the water. Add water to cover the bottom half of the potato. Place in a bright place but not in direct sun. In about 2 to 3 weeks you will begin to see roots and sprouts. When the sprouts are about 2 or 3" long, cut out the weak ones, leaving only the strongest shoots. There is enough food energy stored away in the potato to keep the vine growing for many months. In 1 month you should have shoots as long as 12". Maintain water so the roots don't dry out and the water stays fresh.

A piece of charcoal dropped in the water will help keep it fresh.



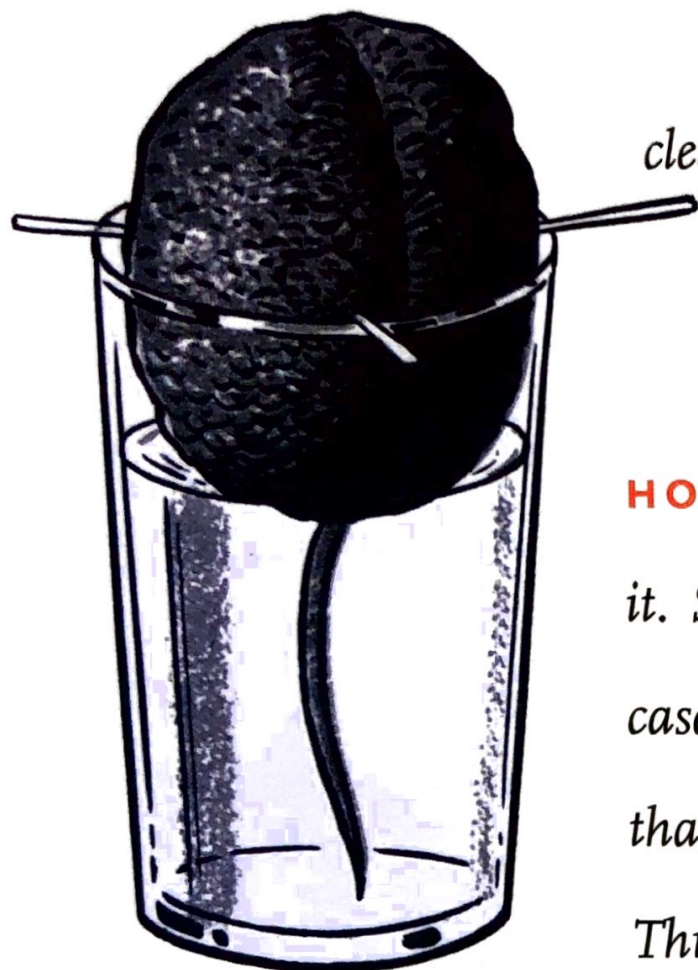
AVOCADO

WHAT YOU WILL NEED:

avocado pit

clear drinking glass or jar

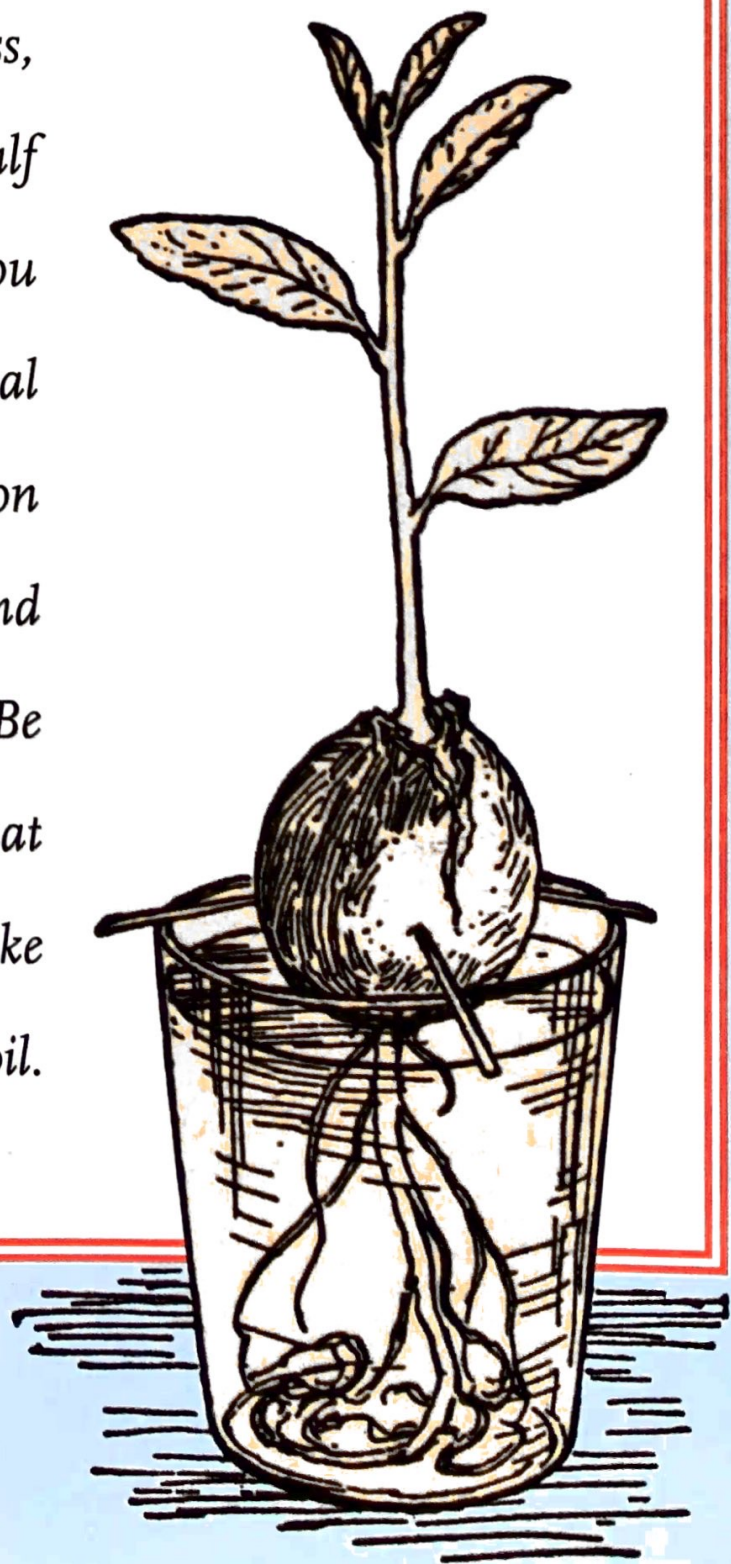
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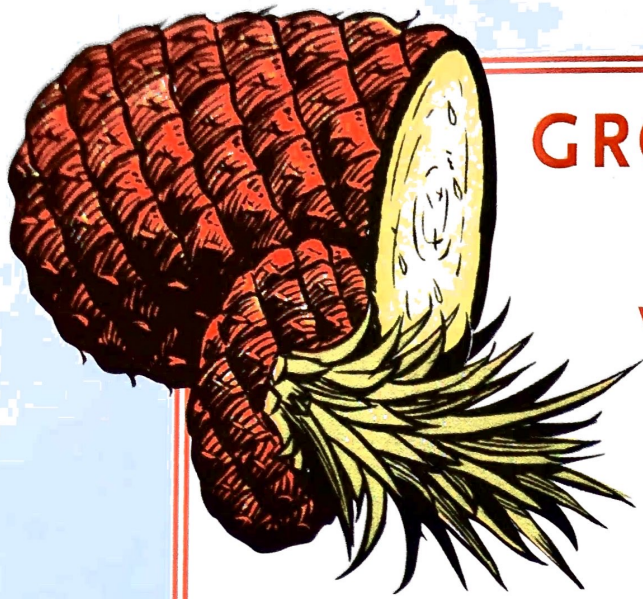


HOW TO: Wash the pit so there is no fruit clinging to it. Sometimes the pit already has a root. If this is the case, make sure you get the pit into water right away so that the root doesn't dry out. Find a suitable container.

This can be a simple jar or glass. You will want a con-

tainer made of clear glass so you can watch the growth of the root and check the water level easily. Insert toothpicks into the pit around its middle. The toothpicks will rest on the rim of the glass. Place the pit in the glass, pointed end up. The water should cover the bottom half of the pit. Change the water if it becomes cloudy. You can keep the water fresh by dropping a piece of charcoal in the glass. Place the glass in a bright, warm location but not in direct sun. It may take a week for the root and stem to appear or it might take as long as a month. Be patient. Avocado pits produce beautiful little trees that you can enjoy for a long time. When the plant looks like the plant on the right, you can plant it in a pot with soil.





GROWING A PINEAPPLE

WHAT YOU WILL NEED:

- pineapple top
- pebbles or gravel
- pie plate or shallow dish

Even if you don't live in a tropical climate you can grow a pineapple. The pineapple is a member of the **BROMELIAD** family.

HOW TO: Choose a ripe but not overly ripe pineapple. Slice off the top of the pineapple with the leaves and leave about 1/2" of fruit. Let this dry out for a day or two. This will prevent rot. Remove some of the leaves around the base to expose the stem. Set the top on pebbles in a pie plate. Add water so that it comes up just over the fruit but not all the way to the leaves. Check the water daily. Don't let it dry out. Place the dish in a sunny spot, but not in direct sunlight. Too strong a light will make the dish dry out too fast. In a few weeks, you will begin to get roots. After the pineapple has rooted, it can be potted. Use a mixture of half soil and half perlite or peat moss. Place the pot in a sunny spot. Remember this is a tropical plant.

Eventually you will get a new spike growing up from the middle of the plant. The plant will continue to grow, but it may take as long as 2 years to bear fruit. In the meantime, you will have a large, beautiful plant.

