



## Growing Vegetables

Trees grow from seeds. Would you like to grow your own vegetables? You can do this by using vegetable scraps: potatoes, carrots, spring onions, leeks or many more vegetable scraps (see video).

Once you have started to grow your vegetable get an adult to help you measure how much it has grown. Write down the measurements every 2-3 days.



Scan the QR code to see a short video on re-growing your vegetables.

