

# Plant your Kitchen!

Foods that you can use: Citrus fruit (lemons, limes, oranges, etc. if they have seeds) carrots, beets, onions, garlic, sweet potatoes, and ginger.

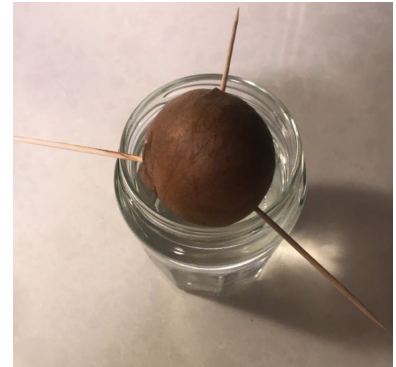
## Avocado

Materials:

- Avocado pit (washed and dried)
- Cup or jar (filled with water)
- Toothpicks
- Water

Instructions:

1. Find the widest part of the avocado pit
2. Using 3 toothpicks stick them around the widest part of the avocado, placing them equal distance apart.
3. Set the avocado pit on top of the jar of water. Bottom of the pit should be touching the water.
4. Place in a sunny window.
5. You should see growth in about 2-6 weeks!



## Garlic:

Materials:

- Container with holes in the bottom. You can use empty plastic food containers and just add holes! Filled with soil.
- soil
- Garlic cloves

Instructions

1. Make a hole big enough to fit the whole clove of garlic.
2. If your garlic isn't sprouting before you put it in the soil, that's okay! Find the small flat part towards the bottom of the garlic, this is where the roots will grow.
3. Place the garlic in the hole, root side down.
4. Cover with soil. If the garlic has sprouted and already has greens, leave the greens uncovered.
5. The garlic most likely won't produce new garlic bulbs, but the greens are edible!

