

Nature at home

Experience the magic of Forest School from home!



Re-Grow Lettuce

Try and re-grow lettuce so you can watch a plant grow and get some more lettuce leaves to eat!

This activity is done indoors. The lettuce will take a few weeks to grow.

Step One

As you eat the lettuce, make sure you tear the leaves off rather than cutting them.

Step Two

When the lettuce is finished and you are left with the stem, put it in a bowl or glass of water.

Step Three

Keep topping up the water if needed and watch the lettuce leaves grow back.

Step Four

Enjoy eating your free lettuce!

You could also try other vegetables and see what works, we've heard celery grows well.



Kit List

- A lettuce with a stalk
- A glass or bowl
- Some water

