



# Grocery Store Gardening



Did you know that your kitchen holds the makings for a clever science project? And a green one at that!

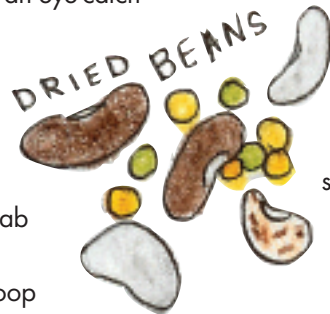
There's a stockpile of seeds and plant scraps to be found in your refrigerator, cupboard and even the garbage, that can be turned into an eye-catching windowsill garden.

It's easy to get started. Simply explore your kitchen and gather the available grocery store seed stock.

Begin with the refrigerator. Grab a carrot.

Open the food cupboard. Scoop up a tablespoon of the mixed dried beans.

They may look withered but they're fertile – remember those infamous dried-up beans that Jack's mom threw out the window?!



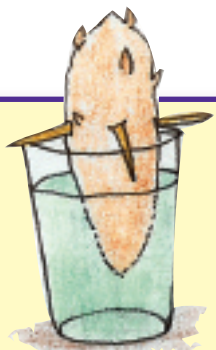
Check out the spice rack. Collect a pinch, each, of mustard, dill and celery seeds.

Finally, have an adult help you look through your kitchen garbage. Yes, it's nasty business, but finding a shriveled potato and some orange or apple seeds will make it worthwhile!

Now, with your collected seed supply in hand, get ready to follow **Hay Seed** and **City Slicker's** sprouting and growing directions.

In just a few weeks there will be leafy vegetation on your windowsill with its added bonus of having natural air-cleaning power. You'll be so proud and your teacher so impressed! And, amazingly, the ingredients for this project came out of a grocery bag!

If you want to learn more about this type of gardening, try this book: *Don't Throw it, Grow It – 68 Windowsill Plants from Kitchen Scraps* by Deborah Peterson and Milliecent Selsam.



## SWEET POTATO VINE

Stick three evenly placed toothpicks around the middle of a sweet potato. Place the potato in a glass of water, three-fourths full. Check the water daily, making sure that the potato's bottom half remains immersed. Keep in sunny spot.

### CARROT TOP

Cut off the top of a carrot 2 inches from the crown. Line a shallow bowl with stones or marbles, add water and push the carrot into the mix. Keep near a sunny window and watch for fern-like sprouts.

## GET-BUSY TIME

Add patience and determination to these directions and if you don't succeed the first time, plant, plant again.

### Apple Seeds\*\*

Place apple seeds in a folded, moist paper towel, seal in a plastic bag and put in the refrigerator for 2-3 weeks. This cold treatment helps with sprouting. Then plant the seeds in cups of potting soil and keep in sunny location. Transplant outside when seedlings outgrow cups. Johnny Appleseed would be so pleased!!



### Citrus Seeds\*\* (Oranges, grapefruit, lemons, tangerines)

Place seeds in moist soil in cups, cover with plastic and keep in sunny location. Seeds may take 4-6 weeks to sprout. When seedlings are several inches high, remove plastic. These plants will have a pleasant fragrance.



### Spice Rack Seeds\*\*

If spices are old, test the germination rate by placing seeds in a damp paper towel for several days to see how many sprout. Plant mustard, dill, celery and/or poppy seeds in cups in



moist soil. Cover with plastic and place in sunny location. Remove plastic when seedlings are several inches high.



\*\*Just for curiosity's sake, randomly poke any of these seeds, or some of the dried beans, into the soil of potted houseplants and see what happens. (Does your mom like surprises?)

# CALLING ALL SUPER SLEUTHS:

Centuries ago, according to legend, a plant was discovered that caused a goatherd's flock to become quite lively when they ate its leaves and berries. Today, you can find the beans of this ancient plant in most American kitchens. Many consume it, in liquid form, first thing in the morning, to get the day off to a frisky start!

For a chance to win \$25, find the mellow, steamy version of this plant in this magazine and (1) identify it and (2) give the page number where it is located.

Send your answers along with your name, address and phone number to:

Cooperative Living Super Sleuth  
P.O. Box 2340  
Glen Allen, VA 23058-2340

OR, with a parent's supervision, you may answer online at [www.co-opliving.com](http://www.co-opliving.com) under the "Contests" button in the lower right corner of the home page.



## JANUARY ISSUE SUPER SLEUTH

Our January issue's Super Sleuth challenge was to find a state bird hidden in the magazine, identify the bird and name the state it represents, and explain why this unique bird does not appear in *Audubon's Birds of America*. The bird (hidden on pg. 6 of the January issue) was a Blue Hen Chicken, the state bird of Delaware. It is a domestic bird (chicken) and therefore has no place in *Audubon's Birds of America*, which is comprised exclusively of wild birds native to North America. Our winner was reader Olivia Wilmarth of Chesterfield (above). *Congratulations, Olivia!* ■



## ZINNIA SEEDS ARE READY!

To receive yours, send \$2 and a self-addressed envelope (at least 5½ x 8 inches, but no larger than 6 x 10) with 2 regular stamps to:

Anne M. Dellinger  
3328 Red Banks Rd.  
Mt. Jackson, VA 22842

