



Water-Themed Lessons & Activities

from **FAIRMOUNT WATER WORKS**

Windowsill Farming: Just Add Water

Introduction:

Think about the food that we eat and how to use the parts that normally get thrown out to regrow. Making a project out of re-using our food scraps, parts of vegetables, fruit or herbs that we may otherwise discard are great ways for students to practice their observation, measuring and data recording skills, while discovering the importance of the energy of the sun and need for water. This will become a very practical and potentially delicious lesson.

Learning Objectives:

Students will be able to

- Discover how to re-grow food from seeds or scraps
- Observe, measure, record, and reflect on the food growing process

Materials:

- An empty mason jar or large cup
- A sunny windowsill
- A measuring cup to water the plants and keep track of how much we use
- Food cuttings or seeds, such as green onions, celery or tomato.
- Notebook or log sheet

Activity Procedure:

1. Cut the bottom of the vegetable or select a bean you want to grow and place it in the jar, or cup, with a few inches of water . Change the water each day. Measure both the new and the “old” water .
2. Mark in your notebook or log the date and time and record what you observe; repeat every day over a number of weeks and make sure the bottom is always covered in water. If you add water, note the exact amount in your notebook or log. Depending on what you chose, sprouting will begin over the next few days or weeks
3. Once sprouting occurs, the sample can be transplanted into soil for more nutrients or eaten.
4. Food will grow slightly differently and there are many online resources to help with this process

Useful Links:

- [Food Scraps that you can Regrow](#)
- [20 Vegetables You can Re-grow from Scraps](#)
- [39 Vegetables, Fruits and Herbs to Regrow from Scraps](#)



Suggested Grade Level: K-8th

Suggested Subject Area(s): Environmental Science