What is sustainability? Why does it matter? How can we be more connected to our food and be less dependent on external sources for obtaining our food?

Have you ever grown a plant from seed? How about from scraps of food?

In this assignment, you will research, record and apply the techniques learned to plant your own seed from a food’s own scraps. Choose a food item that will bear fruit/edible food within 5 months or less (end of school year). It must be an item we have space to grow indoors or in the greenhouse.

**Part A:**

1. Research reliable sources online to fill out the table below:
2. Watch at least 3 videos on growing your chosen item from scraps and include the links
3. Cite your websites or other sources at the end of the assignment.

|  |  |
| --- | --- |
| Name of Food: | |
| Which part of the food item do you need to salvage for planting? |  |
| How should you prepare the scraps for planting? |  |
| Step 1 |  |
| Step 2 |  |
| Step 3 |  |
| Step 4 |  |
| Step 5 |  |
| Step 6 |  |
| Step 7 |  |
| How should you maintain good soil health for your plant? What is the ideal soil composition? |  |
| How should you maintain good plant health while growing the food? (eg: pruning, etc) |  |
| What kind of environment does it need to thrive? (eg: direct sun,shade, warm, humid, dry, etc) |  |
| How often does it ideally need to be watered once potted in soil? |  |
| Discuss some troubleshooting tips if the plant isn’t growing as planned or gets sick |  |
| How long should it take to produce edible food from your food scraps? How will you know when it’s time to harvest your food from the plant? |  |
| What is the best way to harvest the plant when it is ready? (what tools and what to remove) |  |
| What is the best way to store your food once harvested? |  |
| Website Sources: |  |
| 3-5 Videos Watched (include title and links) |  |

Part B:

1. Write down a list of all the foods the rest of the students in the class are planning to grow:

|  |  |
| --- | --- |
| Group members: | Food Growing: |
|  |  |
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1. With your group, design a creative and challenging recipe, utilizing as many of the ingredients as is possible from the list in your class. Only use ingredients that make sense for your dish.
   1. Use the Recipe Criteria Sheet to write out your final copy of your recipe and submit it to the teacher
2. Cook the recipe on the date specified by the teacher

Teacher Links:

Zero waste living video:

<https://www.youtube.com/watch?v=B5ijPk5_8pM>

Growing Avocado from the pit how to video:

<https://www.youtube.com/watch?v=g01GAPCgkRo>

Time Lapse:Growing Avocado from the pit video:

<https://www.youtube.com/watch?v=4GcF-A0zVzg>

Growing your own food: tips:

<https://foodprint.org/growing-your-own-food/>