

The Curious Case of the Double-Growing Lettuce

(AKA: how to regrow lettuce in water)

Gather:

- » The base of a head of lettuce, about 2" tall
 - * (This also works with other leafy vegetables with a base, like celery, cabbage, and bok choy.)
- » A shallow container
- » Lukewarm water

Steps:

1. Place the base of the lettuce in a shallow container.
2. Fill the container with about 1" of lukewarm water.
3. Place the container on a sunny windowsill.
4. Change the water every other day.
5. Leaves should start appearing in a few days or so; how big will they get after a week? After two weeks?
6. Don't wait much longer than a few weeks to snack on your new harvest; leaves tend to get bitter with age!



iceberg lettuce; 1 week of growth

Note: If you find mold, compost the lettuce and try again with a shorter container, which increases air circulation.

Why does this work?

Leaves grow from little bumps on plants called **buds**, and there are buds on the base (or **stem**) of the lettuce plant that never grew into leaves the first time the lettuce plant grew. Now, as you provide the buds with water and sunlight, you're giving them another chance to grow into leaves!

Don't expect a giant head of lettuce.

This is a fun way to experiment and grow a bit of food; don't expect enough for a dinner party. To grow a full head of lettuce, plant some seeds or buy a baby plant from the farm to plant outside!