

How to **grow lettuce** indoors



You will need -

- Lettuce stalk
- Deep dish
- Water
- Sunlight
- Notebook to journal growth

I simply reused the stalk of lettuce that we'd eaten as part of dinner that night. Ensure you cleanly chop the stalk so that about 3cm of its height remains. Place the stalk end into a dish of water so that it's upright and not floating. I had about 1.5/2cm deep of water in our dish. Place in a nice sunny position, such as a window sill.

Day 9



It took me by surprise how quickly the stalk of the lettuce was growing. I did **change the water** after a few days to ensure that it was clean and would continue its maximum growing potential.

Day 15



By day 15 the lettuce had grown considerably! Its leaves looked really healthy and such a vibrant green in **color**.