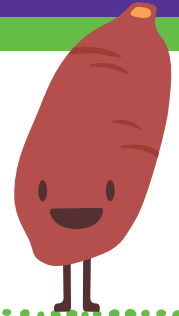




## CHEF SCIENCE: SPROUTING SWEET POTATOES

Sweet potatoes don't grow from seeds like most plants. They start from the green shoots of a fully grown sweet potato, and you can even grow them at home!



### WHAT YOU NEED:



Be sure to ask an adult for help and permission before trying out this activity!

### STEPS:

- 1 Cut a sweet potato in half.
- 2 Place 4 toothpicks into the potato.
- 3 Fill a clear container about  $\frac{3}{4}$  full with water. Place the potato so the cut end rests in the water. Add more water until water covers the potato's cut end.
- 4 Potatoes will sprout best in dark, humid conditions (like a laundry room) or a sunny window. Try one in each place to see which one grows fastest!
- 5 Watch every day and add water as needed to keep the cut end in water.
- 6 It takes about 4 weeks for the green sprouts to be ready. Once they are, they can be planted into the ground to grow more sweet potatoes!

