

## **How to Sprout Kitchen Scraps - Avocado Edition**

### **Supplies:**

- An avocado seed/pit
- A damp paper towel
- A zip lock bag

### **Instructions:**

1. Remove the seed from the avocado and wash off excess fruit flesh.
2. Loosely wrap the seed in a damp, wrung out paper towel
3. Place the paper towel and seed in a zip lock bag, but do not zip closed.
4. Place in a cabinet or dark place. Check on the seed every few days to make sure the paper towel is still damp and remoisten as necessary.

TIP: Place it in a cabinet that you know you'll be going in every day so you don't forget about the seeds! I have it in the cabinet with the coffee grounds, but a cabinet with dishes or something else that you use every day will make sure you don't forget about them!

5. Watch for a root and a shoot to emerge!

It can take anywhere from 2-6 weeks for the seed to germinate. Once your seedling is about 6-inches tall, clip it back to about 3-inches so it can focus on growing stronger roots. Once the seedling reaches 6-inches tall again, you can transplant it into good quality potting mix that allows for good drainage. Leave the top third of the pit above the soil level. You can enjoy your avocado tree as a patio plant during summer, but you will have to bring it in for cooler weather.