



SEED SCHOLARS

[www.seedscholars.com](http://www.seedscholars.com)  
[seed.scholars.info@gmail.com](mailto:seed.scholars.info@gmail.com)



## Growing Together with SEED SCHOLARS

*Session 3: Regrowing Store-Bought Food -- Ginger and Garlic*

*Wild Plant Spotlight: Cow Parsley and Primrose*

Follow-Up Resource Links

Topic	Link	Notes
<b>Ginger Recipes</b>	<a href="https://www.thespruceeats.com/homemade-ginger-tea-3377239">https://www.thespruceeats.com/homemade-ginger-tea-3377239</a>	Ginger tea video tutorial
	<a href="https://www.youtube.com/watch?v=xNSAWzRbyo4">https://www.youtube.com/watch?v=xNSAWzRbyo4</a>	Ginger and Garlic Veggie Stir fry video tutorial
<b>Garlic Recipes</b>	<a href="https://www.youtube.com/watch?v=HzFOQEd9pWY">https://www.youtube.com/watch?v=HzFOQEd9pWY</a>	Garlic bread how-to video <ul style="list-style-type: none"> <li>Garlic can be chopped up or pressed and used in most savory dishes! It's so tasty and nutritious.</li> </ul>
How to Re-grow <b>Ginger</b>	<a href="https://www.youtube.com/watch?v=2lQV53fD0SU">https://www.youtube.com/watch?v=2lQV53fD0SU</a>	Video tutorial <ul style="list-style-type: none"> <li>Note: while this video shows that you should soak the ginger before planting, this step is optional</li> </ul>
How to Re-grow <b>Garlic</b>	<a href="https://www.quickcrop.ie/blog/2013/08/growing-garlic/">https://www.quickcrop.ie/blog/2013/08/growing-garlic/</a>	Instructions with Video
All About <b>Cow Parsley</b>	<a href="https://www.wildlifetrusts.org/wildlife-explorer/wildflowers/cow-parsley">https://www.wildlifetrusts.org/wildlife-explorer/wildflowers/cow-parsley</a>	

	<a href="https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/plants/wild-flowers/cow-parsley/">https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/plants/wild-flowers/cow-parsley/</a>	
All About <b>Primrose</b>	<a href="https://www.wildlifetrusts.org/wildlife-explorer/wildflowers/primrose">https://www.wildlifetrusts.org/wildlife-explorer/wildflowers/primrose</a>  <a href="https://www.wildfooduk.com/edible-wild-plants/primrose/">https://www.wildfooduk.com/edible-wild-plants/primrose/</a>  <a href="https://www.irishtimes.com/life-and-style/homes-and-property/gardens/are-primroses-the-perfect-spring-flower-they-love-the-damp-and-are-good-to-eat-too-1.3806868">https://www.irishtimes.com/life-and-style/homes-and-property/gardens/are-primroses-the-perfect-spring-flower-they-love-the-damp-and-are-good-to-eat-too-1.3806868</a>	



*Re-growing garlic and ginger on May 18, 2020 with Seed Scholars.*



*Seed Scholars is a garden and nature-based education program, aiming to engage learners in sustainability and climate action through experiential environmental education.*