

HOW TO Re-Grow Leftovers

Discover this handy way to get more from your food scraps and have fun growing food!



What you can grow:

Really Quick:

- Green Onion
- Leaf Lettuce with roots

Quick:

- Romain Lettuce
- Herbs

Longer to grow:

- Beet greens
- Celery
- Bok Choy

- Fennel
- Garlic
- Onion
- Ginger

Even longer to grow:

- Tomatoes
- Peppers

Too long but look nice:

- Pineapple
- Avocado

What you need:

- A small shallow container or jar
- Water
- A window sill or plant light
- A pot with a drainage hole (optional)
- Potting soil (optional)

REALLY QUICK GROWING

Green Onions

This is one of the fastest, easy to grow kitchen scrap that keeps on providing salad greens over and over.

1. Simply put the white base with the roots in a container of water and place in bright light.
2. Change the water out every few days and the green will continue to grow.
3. Just snip what you need and allow it to grow as long as you like. After a few days in water you can also plant them in soil for better growth.



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Use your smart phone to see Videos on [How to Regrow Green Onions From Scraps](#) (a playlist)



Leaf Lettuce with Roots:

If you have lettuce that comes from a hydroponic garden so it still has the roots, save the center leaves, stem and roots. Soak the roots in water for a day or two and plant it right into potting soil. You can then harvest the outer leaves while the inner leaves continue to grow.



QUICK GROWING

Romaine Lettuce

1. Save the 3-5 cm from the bottom stem of Romaine or leaf lettuce.
2. Place it upright in a shallow dish with about 2 cm of water - just enough to cover the stem end.
3. Place the dish on a windowsill or under grow lights. Change the water every one to two days to prevent bacterial growth.
4. You should see growth in three days. If not, try again. After 10-12 days the lettuce will be about as big as it's going to get.
5. At this point you can pot your plant to continue the growth (or stop and eat it). Once the roots are developed, lettuce does better in soil which provides nutrients needed for the plant to grow to its full size.



Basil

1. Use a healthy stem about 10 cm high.
2. Strip all but the top leaves.
3. Place this in a glass of water with the leaves well above the water line.
4. Place in a bright area but not in direct sunlight.
5. Roots should begin to form in a few days. When those roots reach a couple of cm long, you can transplant them into soil.

Cilantro, Oregano, Sage, Thyme

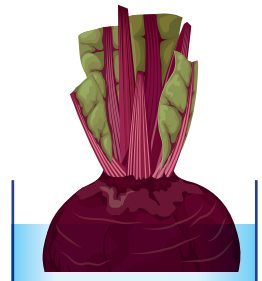
These can be grown the same as basil.

LONGER TO GROW

Beet Greens

This will not grow a new beet but will provide greens for use in a salad.

1. Salvage the top 1- 2 cm of the carrot and place in a container of water leaving the top uncovered.
2. You should notice new green shoots growing in just a few days. Allow the root to continue growing until it's ready to be transplanted in the ground.
3. Harvest the green leaves for salads when ready.



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WARNING:

When growing plants in water, be sure to change the water out at least once every other day to avoid bacteria and mould growth.

LONGER TO GROW

Celery

1. Cut off the bottom or base of your celery.
 2. Lay it in a bowl with just a bit of water in the bottom. Keep the bowl in direct sunlight as long as possible.
 3. After about a week, you will begin to see the leaves thickening and roots growing along the base. (Don't leave the celery in water for too long, the outer stalks will rot, so it's best to plant the celery in a pot before that happens.)
 4. When the new roots are about an 1 cm long, you can plant the celery in potting soil. Gently fill in and tamp the surrounding soil so a bit of the cut end and all of the emerging leaves and stalks are above the soil.
 5. Keep the soil moist but not wet. Celery thrives in cool weather and rich soil, so give it shade.
- Harvest stalks by snapping off the outer ribs and letting the inside grow.
 - You can harvest leaves to use in salads, soups, etc.



Bok Choy, Fennel

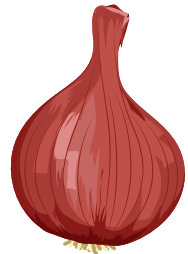
Grow these the same as celery.

Garlic

1. Pull just one clove off.
2. Plant it with the roots facing down in potting soil.
3. Place in direct sunlight.

As the new shoots grow, you can cut them half way and use these greens in a salad to give a gentle garlic flavor.

- It takes a number of months for garlic to grow a bulb.
- *Garlic from the produce section at the supermarket may have been treated with a sprout inhibitor to slow its growth.*



Onions

Grow onions like garlic using a very small onion. You can also cut the bottom 1-2 cm off a large onion and start in water to grow roots and plant in soil.

- Video: Regrow Onions From Another Onion
<https://www.youtube.com/watch?v=k31aAtZBb9Q>



Ginger

1. Plant a spare piece of ginger root in potting soil.
2. Make sure that the buds are facing up.
3. You will notice new shoots and new roots in about a week. Harvest the roots after a few months or better, in 8 – 10 months.

LONGER TO GROW - FROM SEEDS

Tomatoes

1. Save some seeds from a tomato, rinse and dry them.
2. Plant in potting soil and keep them warm in a sunny window.
3. Water a few times each week. Using tomato fertilizer is a good idea.
4. Provide support as it grows. Transplant to a larger pot as needed.
5. Grow in the window or transplant outdoors when it is warm.

Peppers

1. Pepper plants can be also be grown on your windowsill.
2. Just collect the seeds from your bell, jalapenos or any other peppers that you have on hand. Grow them like tomatoes.
3. Peppers grow relatively fast and don't require a lot of care.
4. Once you get a new crop, just save some of the seeds for replanting again.

REALLY LONG TIME TO GROW (but fun)

These plants are grown from food but would take a VERY long time to produce anything edible. They do, however, make nice houseplants.

Pineapple

1. Slice off the top of the pineapple.
2. Strip off some of the lower leaves to expose 4 cm of the stem. This helps the stem sprout roots. Cut away any remaining fruit without damaging the stem.
3. Stick a few toothpicks into the pineapple crown to suspend it in a jar of water.
4. Place the glass in a sunny window and wait for the roots to sprout. It could take a few weeks. Change the water regularly.
5. When roots appear in a week, you can plant it into potting soil. It takes 2 to 3 years for this plant to produce fruit, if at all.

Avocado

1. Wash an avocado seed and use toothpicks to suspend it over water in a jar. The water should cover the bottom half.
2. Keep the container in a warm place but not in direct sunlight.
3. Remember to change the water every other day.
4. It can take up to six weeks for the stem and roots to appear.
5. Once the stem reaches about 15 cm you will need to cut it down to about 7 cm. When leaves appear, plant the seed in soil, remembering to leave about half of it above ground.

It takes 5 – 13 years to produce fruit but it looks nice.



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