

# Re-Grow Leftovers

*Don't Throw That Out!  
Grow Some More!*



## What To Grow:

### Stems:

- Lettuce
- Celery
- Basil

### Roots:

- Beets
- Green Onion
- Fennel
- Onion
- Garlic
- Ginger

### Seeds:

*(Put in soil)*

- Tomatoes
- Peppers

## What You Need:

- Container
- Water
- Pot with soil



## What You Do:

1. Clean everything
2. Cut off root or stem
3. Place in shallow water
4. Place in gentle light
5. Watch it grow (change water frequently)
6. If healthy roots appear, plant in potting soil
7. Continue to grow in bright light

**IN A FEW WEEKS  
Eat and Enjoy!**

*Pick up instructions  
or see below*

**CHALLENGE: Check  
the internet for other  
ways to grow leftovers!**

