

How to: Regrow Plants from Kitchen Scraps



simplebites.net

Did you know that not all kitchen scraps need to be composted or thrown away? Some fruit and vegetable remains can sprout again and grow into a new plant if you handle them with a little love and care. Help promote food sustainability in your own home by following these few quick tips next time you're stumped on what to do with your kitchen leftovers. All these tutorials are very simple: All you'll need is your unwanted vegetable scraps, a couple of jars or bowls, water, and a well-lit windowsill.

Herbs: Rosemary, mint, basil, oregano, lavender, & rosemary



Instagram: @finchandfolly

Take a stem and gently remove the leaves on the bottom half of the herb. Place the stem in a jar of water. Then place it in a spot where it has access to the sun. Make sure to refresh the water once a week. Depending on what herb you chose to propagate, you can expect to see roots shooting out into the water in 2-8 weeks! Once the roots are sprouted, transplant your new plants into the soil (outside or inside).

Ginger



arkansasonline.com

Take a fresh piece of ginger and break off a smaller piece that has plenty of buds (like a potato). Soak your roots in warm water overnight. The next morning, place your ginger in a pot filled with soil with the buds pointing up. Cover the root with 1-2 inches of soil and place the pot in an area that gets **indirect** sunlight. Then, add water to the plant. In 2-3 weeks, shoots should begin to grow. After a few months, you can begin harvesting your ginger.

Carrot Greens



www.billyjoesfoodfarm.com

You can't regrow carrots themselves, but you can grow their greens. These greens are tasty additions to salads, pestos, sautes, and broths. Start by cutting off the tops of the carrots and placing them in a jar or bowl filled with a shallow pool of water. Place your carrot greens in an area where they will get adequate light. You will notice the greens beginning to grow. Once roots begin to appear, you can transplant your plants into the soil. This whole process should take about 1-2 weeks.

Beets & Radishes



pennington.com

The process for growing these root vegetables are very similar, so they're being bunched together for your reading ease. To begin, cut the bottom off of your vegetable and place the bottom half in a jar of water, leaving part of the top exposed. You can suspend your beet or radish using toothpicks. In three weeks you will begin to notice your roots growing. You can now transplant it into soil. They can be harvested in about 1-2 months.

Celery, Bok Choy, Cabbage, & Lettuce



Instagram: @e_molina915

To regrow these stalky vegetables, cut the base off (you will notice a root bunch at the bottom) and place it into a shallow bowl of water, making sure the root end is fully submerged. Freshen the water every week. In a week or so, you will begin to see a new shoot and leaves growing from the top, as well as roots growing from the bottom. Once you see this, you can transplant your new plant into soil.

Onions



instructables.com

Chop off the root end of an onion and plant it into a pot of soil. In about 2-3 weeks, roots and leaves will begin to form. Once leaves have fully developed, you can separate your onion into multiple plants (look for separate stems growing up). Make sure to leave the roots attached to each plant when separating. Transplant your onion plants into the ground and wait until they are fully developed to harvest!

Green Onions, Lemongrass, Leeks, & Fennel



simplynotable.com

Cut the ends off of your vegetable, keeping the roots intact. Place it in a jar of water, leaving at least 2-3 inches of the top exposed above the water. In a few days, you will begin to see growth. Green onions, leeks, and fennels will be content growing in just a jar of water, but make sure to plant lemongrass into the soil to ensure proper growth.

Garlic



myheartbeets.com

Take an unpeeled clove of garlic and identify the top and bottom. The top is pointed and the bottom is flatter. You can grow garlic in two ways: You can place the clove in a very small glass of water, making sure the bottom is fully submerged. The roots will begin to grow and in a few weeks you will be able to harvest garlic scapes that you can add to pestos or stir fries. You can also plant your clove directly into the soil during the fall (mid-to-late October is optimal) to grow a full garlic head. These should be ready to harvest around July.

Potatoes



gardenandharvest.com

This process works for both white and sweet potatoes. Take a potato that already has a few buds sprouting out of it (if you have no sprouted potatoes, take a few and place them in a cool, dark place for about two weeks. Once they begin to sprout, you're good to go). Stick 3-4 toothpicks into the sides of the potato and suspend it in a jar of water. Make sure that the bottom of the potato is fully submerged in the water. Place your jar in an area that gets plenty of sunlight and begin to watch your potato come to life! Your potato will begin to grow shoots from the top and form roots at its base. At this point, you can transplant your potato plant into the soil. Tip: If you want to get the most potato plants out of one potato, consider cutting your potato in half and submerging each sliced side of the potato in a separate water jar.

Avocado



Thespruce.com

First, you will have to identify the top and bottom of your avocado pit. The top will have a pointed, cone look, whereas the bottom will have a dark brown spot and will be more rounded. Take your avocado pit and place toothpicks around the circumference, allowing it to remain suspended over a glass of water with only the

bottom submerged. Place your glass somewhere where it will receive lots of light. In three weeks, you will begin to see the roots form. At this point, transplant the pit to an indoor pot to allow it to grow. Once it is large enough, plant it outdoors. Depending on the climate, growing an avocado tree may be difficult, but it's always worth a shot! Some have had success planting their tree in their compost pile, due to the high temperatures it reaches.