

Many vegetables and herbs from the grocery store will regrow easily in water or in soil. You can regrow fresh greens on a window sill indoors, or get a jump start on your herb and vegetable garden by regrowing kitchen scraps. It is such a rewarding and fun thing to do, especially in winter and early spring.

Vegetables you can grow from scraps:

- Avocado
- Basil
- Bok Choy
- Cabbage
- Carrot greens
- Celery
- Cilantro
- Garlic sprouts
- Ginger
- Green onions, leeks, scallions
- Hot peppers



If you have any of the above listed herbs or vegetables a little bit of soil and some water then you are ready to start your table scrap garden!

Benefits of starting your table scrap garden:

- A learning opportunity for children at home.
- Save money by re-growing your own produce rather than buying from the grocery store.
- Reduce waste by recycling food rather than tossing in trash or green bin.
- Build self-sufficiency in your home by harvest the fruits of your labour.