



RE-GROW PROJECT!

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.

Green Onions, Leeks, and Scallions

Place greens in jar with water

Put jar on windowsill

Change water every other day

Pineapple




Choose a pineapple with green, fresh leaves

Remove top of pineapple by twisting it off

Peel back leaves around base so bottom layers are exposed

Cut off tip of the base, remove any excess fruit

Poke three or four toothpicks into pineapple base, suspend over bowl

Fill bowl with water

Change water every few days

When roots are fully formed, plant pineapple top

Potatoes






Cut potatoes into two pieces

Make sure each half has at least 1-2 eyes

Let pieces sit at room temperature overnight until they are dry to the touch

Plant about one foot apart in 8 inches of soil

Romaine Lettuce






Place bottom of romaine hearts in a bowl with a ½ inch of water

Change water every day

Keep bowl in a sunny area

Once lettuce sprouts, plant hearts in garden

Carrot Greens






Place a carrot top in small bowl, cut side down, with an inch of water

Place dish in sunny windowsill

Change water every day

Plant tops in soil when tops sprout shoots

Celery

Place celery base in small bowl with water, stalks facing upright

Place bowl in sunny area

Change water every other day

After five to seven days, move base to planter or garden and cover with soil up to leaf tips

Cilantro







Place stems in jar of water

Place in sunny area

Change water every day

When roots grow, plant stems in a pot

Garlic Sprouts



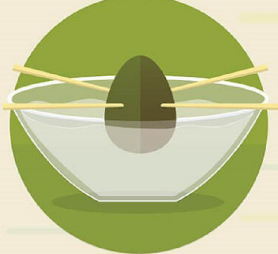



Place budding cloves, or whole bulb, in a small bowl

Add water until it covers bottom of bulbs

Change water every other day

Avocado




Use toothpicks to balance pit, root side down, in small jar of water

Place in sunlit area

Change water every day

When tree is seven to eight inches tall plant in 10-inch pot

Basil



Strip leaves from 1/2 of stems

Place stems in jar of water

Place in sunny, but not too hot, area

Change water every other day

When roots grow to about 2 inches, plant stems in 4-inch pot

Bok Choy



Place the base of a bok choy plant bottom down in a bowl with water (just enough to cover the base)

Replace water every few days

Once you see regrowth, transfer to container or garden and cover with soil up to new growth

Cabbage



Place leftover leaves in a bowl with a small amount of water

Set bowl in sunlit area

Replace water every couple days

Transplant cabbage to garden when roots and new leaves appear