

How to re-grow food from your kitchen scraps

www.in8lygood.com.au

There are a number of fruits and vegetables that you can replant and grow yourself, ensuring that you always have these items on hand when you need them and helping you to cut down on the money that you spend on produce every week.

1. Lettuce, Bok Choy and cabbage are relatively easy to grow from scraps. Instead of throwing out those leftover leaves, simply place them in a bowl with just a bit of water in the bottom. Keep the bowl somewhere that gets good sunlight and mist the leaves with water a couple of times each week. After 3 or 4 days, you will notice roots beginning to appear along with new leaves. When this happens you can transplant your lettuce or cabbage in soil.



2. Celery is one of the easiest foods to grow from leftover scraps. Just cut off the bottom or base of your celery and lay it in a bowl with just a bit of warm water in the bottom. Keep the bowl in direct sunlight as long as possible each day and after about a week, you will begin to see the leaves thickening and growing along the base. When this

happens, you can transplant your celery in soil and wait for it to grow to full length.



3. If you love using lemongrass but have a difficult time finding it, simply regrow your own. Lemongrass will grow just like regular grass. You just place the root that is leftover in a glass bowl or jar with enough water to cover it and leave it in the sunlight. After about a week, you will notice new growth and when this happens you can transplant your lemongrass in a pot or in your herb garden.



4. Avocado seeds can be used to grow a steady supply of this super food. You just have to wash the seed and use toothpicks to suspend it over water in a bowl or jar. The water should come up enough to cover the bottom inch of the seed. Keep the container in a warm place but not in direct sunlight and remember to check the water every day and add

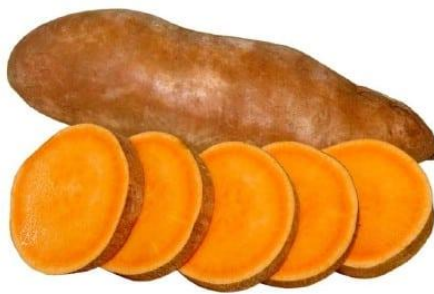
more as needed. It can take up to six weeks for the stem and roots to appear and once the stem reaches about 6 inches you will need to cut it down to 3 inches. When leaves begin appearing, you can plant the seed in soil, remembering to leave about half of it above ground.



5. Virtually everyone knows that potatoes can be grown from potato peelings. You need peelings that have eyes on them. Cut those peelings into two inch pieces, ensuring that there are at least two or three eyes on each piece. Allow them to dry out overnight and then simply plant them about four inches deep in your soil. Make sure that the eyes are facing up when planting. It will take a few weeks before you see the potato plant begin to grow.



6. Sweet potatoes can be grown much like regular potatoes. You just have to cut the sweet potato in half and suspend it using toothpicks above a container of shallow water. Roots will begin to appear in just a few days and sprouts will be seen on top of the potato around that same time. Once those sprouts reach about four inches or so in length, just twist them off and place them in a container of water. When the roots from this container reach about an inch in length, you can plant them in soil.



7. Ginger root is very easy to grow and once you get started, you can keep your supply of ginger full. You just need to plant a spare piece of your ginger root in potting soil, making sure that the buds are facing up. You will notice new shoots and new roots in about a week or so and once this happens you can pull it up and use it again. Remember to save a piece of the rhizome so that you can replant it and grow more for the next time you need it.



8. You can grow your own pineapple even if you don't live in the tropics. You just cut the top off and insert a few toothpicks to hold it above a container filled with water. Keep the container in direct sunlight. If it is warm outside, sit it on the porch or deck during the day and bring it in at night. Remember to change the water every other day or so and keep the container filled so that it reaches just about the base.

You will notice roots in about a week or so and once they are formed you can transplant into potting soil. If you live in a cooler area, it is best to grow your pineapple indoors.



9. Garlic is really easy to grow and can be done from just one clove. When you buy garlic, you get several cloves so just pull one off and plant it with the roots facing down in potting soil. Garlic likes plenty of direct sunlight so in warmer weather, keep it outdoors in the sun during the day. Once you notice that new shoots have established, cut the shoots back and your plant will produce a bulb. You can take part of this new bulb and plant again.



10. Onions are very easy to grow indoors or out. You just have to cut the root of the onion off and make sure that you leave about a half an inch of onion when you do. Cover lightly with potting soil and keep in a sunny area. For green onions, simply put the white base with the roots intact in a container of water and place in direct sunlight.

Change the water out every few days and the green will continue to grow. Just snip what you need and allow it to grow as long as you like.



11. Root plants, turnips grow well from clippings or leftover scraps. You just need to salvage the tops of the turnip and place in a container of water. You should notice new green tops growing in just a few days after you begin. Just allow the root to continue growing until it's ready to be transplanted in the ground. This works with many root vegetables such as beets, turnips and even parsnips.

