

## Food you can re-grow yourself

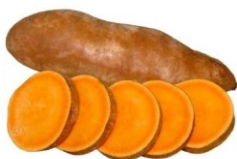
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**Lettuce or Cabbage** are relatively easy to grow from scraps. Instead of throwing out those leftover leaves, simply place them in a bowl with just a bit of water in the bottom. Keep the bowl somewhere that gets good sunlight and mist the leaves with 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.



**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.

You need peelings that have eyes on them or the whole **potato**. 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.



**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.

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**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.



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.

**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.



**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.

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You can grow **mushrooms** from cuttings, although they are a bit more difficult than many other vegetables. You will need a warm area with a lot of humidity and soil that is rich in nutrients. It is much better to grow your mushrooms in a pot as opposed to in the ground because you have a better shot at controlling the temperature and the humidity. You just have to cut away the head of the mushroom and plant the stalk or stem in the soil. Leave the very top exposed and this base will begin to grow a new head.



You can grow a number of **hot peppers** or **sweet peppers** from the seeds that are leftover. Just collect the seeds from your habaneros, jalapenos or any other sweet peppers that you have on hand. Plant them in potting soil and keep in direct sunlight unless it is warm outside and then you can just plant them in your garden area. Peppers grow relatively fast and don't require a lot of care. Once you get a new crop, just save some of the seeds for replanting again.

**Tomatoes** can be grown just by saving those seeds that you probably throw out anyway. You just have to rinse the seeds and allow them to dry. Plant the seeds in a good rich potting soil, until you notice growth. Allow the seeds to get a few inches high before transplanting them outdoors. During cold weather you can grow your tomatoes indoors. Just remember to keep them in an area that gets plenty of sunlight and water a few times each week.



**Basil** is relatively easy to regrow. You just have to have a stem about four inches high. Place this stem in a glass of water with the leaves well above the water line. Leave the glass sitting in a bright area but not in direct sunlight. Roots should begin to form in a few days and when those roots reach a couple of inches long, you can transplant them in soil.

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**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.



**Peas** are great to grow too. Buy dried peas from the supermarket. Take a handful of them, pop them in a bowl. Cover them with tap water, add a bit more (they soak up a LOT of water) and leave them overnight.



The next morning they'll have about doubled in size.

Put some soil in a pot and sow the peas. Then sprinkle more soil over to cover them. Pop the pot on a windowsill.

Water sparingly each day. Don't drown them or they'll rot.



It depends on the time of year as to how quickly they'll germinate. In the height of summer it can literally be a couple of days before you'll see their little shoots popping up through the soil. In winter, it will take longer.