



GEORGINA



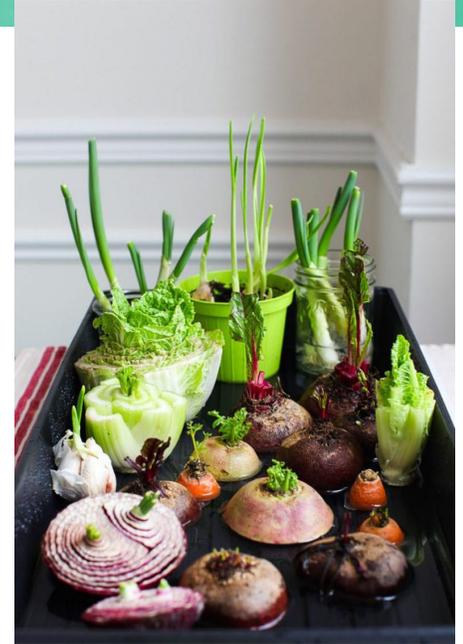
RECREATION AT HOME

Grow a Garden from Table Scraps!

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.

Resources:

<https://www.apieceofrainbow.com/vegetables-herbs-regrow-kitchen-scraps/>

<https://foodrevolution.org/blog/reduce-food-waste-regrow-from-scraps/>

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 $\frac{3}{4}$ 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



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



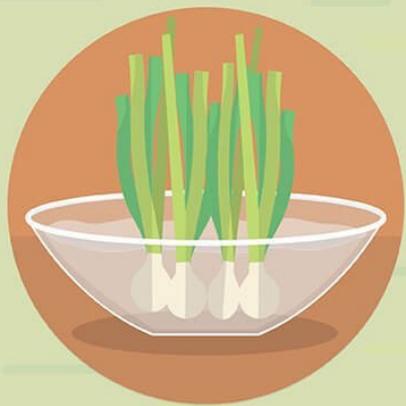
Change water every day



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



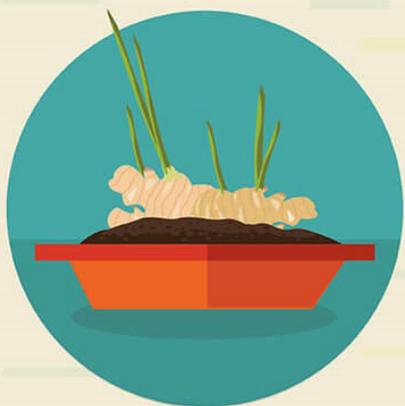
Change water every other day



Ginger



Hot Peppers



Pull off a piece of ginger from a fresh chunk



Place in potting soil with smallest buds facing down



Place pot in indirect sunlight



Replant when ginger grows new shoots and roots



Harvest seeds from peppers



Plant in soil



Place in a sunny area



Mushrooms



Onions



Remove mushroom caps



Plant stalks in soil (cover everything but the very top)



Place onion bottom in soil



Once roots appear, remove old onion bottom and allow roots to grow

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

Tomatoes



Rinse tomato seeds and allow to dry



Plant in pot with soil



Once sprouts are a few inches tall, transplant them outdoors