

## Regrow Veggies From Scraps

Regrowing vegetables from scraps was all the rage a few years ago. But just because the hubbub has faded doesn't mean it's any less fun or worthwhile. You might be surprised to discover just how many things you can cultivate in your own kitchen using scraps from the grocery store. From lettuce and cabbage to basil and onions, you can work on a whole new side of your green thumb with this clever tactic.

**Lettuce-** Cut the bottom part off your store-bought heads of lettuce, leaving about 2 inches.



Dig a small hole in a pot or garden bed and plant the flat end of the lettuce down, covering the bottom completely and leaving the rest above the soil.

After about two weeks, the lettuce will start to regrow leaves. Wait until the leaves are big enough to harvest and enjoy! As long as you leave the crown of the lettuce in the soil, it will continue regrowing leaves.

**Celery-** Cut the bottom inch off your celery stalks.



Place the 1-inch stalks in a bowl with the cut side facing up. Add just enough water to cover the bottom of the stalks and place the bowl in windowsill or sunny spot.

After a few days, leaves and roots will begin to form. Then you can plant the celery in a pot or directly in your garden, covering everything but the leaves with soil.

Wait for the celery stalks to regrow, then harvest as needed.

**Green Onions, Scallions-** Cut each green onion at the bottom, leaving at least half an inch of onion with the bulb and the roots. Plant the onion in the in a planter by covering the bulb and roots completely in soil and leaving the rest of the onion cutting sticking out above the soil. Water the onions regularly.



The onions will start to develop shoots, which you can harvest and add to your dishes as desired.

**Ginger-** Get a large piece of ginger, at least 2 inches long and 2 inches wide. Break the ginger apart into two or three pieces.



Plant each piece into a pot about 1-inch deep and water after planting.

After about a month, shoots will begin to grow above the soil as the plant starts producing more ginger.