

FOOD THAT MAGICALLY REGROWS ITSELF...

Growing anything from a seed is impressive but also difficult, unless you're blessed with a green thumb.

Sure, it saves on money but there has to be an easier way... and there is! You can actually grow food from kitchen scraps. There is something very MacGyver about that, no? It's true! You can upcycle everything from celery scraps to onion butts with a great chance of success. *Use organic fruits and vegetables for the best results.*

Green onions, lemongrass, leeks, fennel, & spring onions

-  Place root ends in water but don't fully submerge them. Change the water daily.
-  In 3-6 days, growth begins. Harvest the greens when full, then repeat the process.
-  Harvest lemongrass once it becomes a foot tall. Simply cut off what you need without uprooting the plant. FOR LEMONGRASS ONLY

Celery, cabbage, romaine lettuce, & bok choy

-  Submerge the roots, leaving the top above the water line.
-  Spray with water a couple times a week, replacing the water every few days. Leaves will sprout in about a week.
-  Plant the stalks with only the leaves above soil. Harvest when fully grown, about 5 months.

Ginger

-  Soak the chunk of ginger overnight.
-  Submerge in moist soil. Keep watering until shoots appear.
-  Ready to harvest in a year. Simply remove entire plant, use what you need and repeat.

Onion

-  Plant root ends and lightly cover in soil. Keep soil moist.
-  Carefully separate the new onions, leaving the roots attached, and plant them.
-  Gradually cut the leaves down to promote full growth. It can take up to 3 months for plants to mature enough for harvest.


Garlic

-  The larger the clove, the larger the resulting bulb.
-  Sit the plant in a sunny window, keeping the soil moist.
-  The bulbs will be ready for harvest in early summer when the bottom 1/2 of the leaves have yellowed.

Mushroom

-  Use a mixture of compost and soil.
-  Plant the mushroom stem in the soil with only the surface of it exposed.
-  If the setting takes, new growth happens quickly. Harvest and repeat.

Potatoes & Sweet Potatoes

-  Cut into 2 pieces, each having a "nose" on it. Set pieces out at room temp for a few days, until fully dry.
-  Add more soil as the plant grows until it is about 6" tall.
-  Store sweet potatoes in a warm, dry place for 2 weeks before using. This is what makes them sweet.

Pineapple

-  Slice off the green leafy top and remove all fruit. Carefully remove the bottom leaves until you see root buds.
-  Place in water for two weeks to form roots.
-  Growth happens in the first few months but it will be 2-3 years before harvest.