

## Grow Your Own Veggie Garden

Did you know that many foods you eat can regrow from your food scraps? Green onions, celery, cabbage, ginger, onion, garlic, bell peppers, potatoes, pineapple, avocado and many others can all be used to grow your own food!

**Green Onions** – take the bottom scrap of the green onion and place the root ends in water, but don't fully submerge. Change the water daily. In 3-5 days growth begins. Harvest when the greens have grown to 5-8 inches tall.

**Celery and Cabbage** – submerge the roots in a shallow bowl leaving the tops above the waterline. Spray tops with water a couple times a week, replacing the water every few days. Leaves will sprout in about a week. Plant the item with only the leaves above the soil. Harvest fully grown in about 5 months.

**Ginger** – soak a chunk of ginger overnight in a mason jar or other container. Submerge in moist soil and keep watering until shoots appear. Ready to harvest in a year. Simply remove the entire plant, use what you need and repeat.

**Onion** – plant root end and lightly cover it in soil. Keep soil moist. Carefully separate the new onions leaving the roots attached and plant them. Occasionally cut the leaves down to promote full growth. It can take up to 5 months for growth to mature for you to harvest.

**Garlic** – submerge garlic clove halfway in moist soil. The larger the clove, the larger the resulting bulb. Sit the plant in a sunny window and keep the soil moist. The bulbs will be ready to harvest when the bottom 1/3 of the leaves have yellowed.

**Bell Peppers** – take the scrap bell pepper seeds and put them in a paper towel. Spray paper towel to moisten it. Let sit for 2 days. Unwrap the paper towel to see slightly sprouted seeds. Plant seeds in the soil and cover. Keep the soil moist. Make sure the plant is in a sunny area. Harvest time varies between 2-5 months. Remove the peppers you wish to eat, harvest the seeds and repeat.

**Potatoes** – cut into 2 pieces each having 1-2 'eyes' on them. Set piece out at room temperature for a few days until fully dry. Plant the potatoes in soil. Add more soil as the plant grows until it is about 6 inches tall. Store potatoes in a warm dry place for at least 2 weeks prior to eating.

**Pineapple** – slice off the green leafy top and remove all the fruit. Carefully remove the bottom layers until you see root buds. Place in a cup of water for two weeks to form roots. Growth happens in the first few months but it will be 2-3 months before it's ready to harvest.

**Avocado** – suspend pit of avocado in a glass of water using 3-4 toothpicks. Place on a sunny windowsill and change water every 1-2 days. Pit will split. After 2 weeks carefully pull skin off. Plant pit in soil. Keep soil moist. In 4-8 weeks the stem will shoot up and roots will grow. When the tree is 7 inches nip off the top leaves. When the stem has grown new leaves again, plant in a 10 inch pot. Place the pit so half of it is covered and press firmly into soil. Keep plant watered and watch it grow!

