

Regrowing

Food from

Scraps

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Tomatoes

Tomatoes can be grown by placing the a slice of tomatoes that contains the seeds into soil and covered lightly.

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Lettuce

Lettuce can be regrown from the bottom. Cut off about 1 inch of the base of the plant. Get a shallow cup and place this vegetable scrap into $\frac{1}{2}$ inch of water.

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Potatoes

If left in a dark place long enough, potatoes can start to sprout on their own. These potatoes can be potted into soil, with the sprout sticking out.

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Onions

Both red and brown onions can be grown by slicing off the bottom and placing in water. Once it begins to sprout, plant it in soil.

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Spring Onions

Slice off about an inch from the bottom. Place the roots in water and then plant in soil once sprouting has begun.

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Garlic

Add one clove of garlic to a small amount of water. Once it starts to sprout, plant in soil with the sprout sticking upwards.

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Avocado

Clean off the pit of your avocado, place about 3-4 toothpicks into the pit.

Place in a glass with the pointy bit down, into the water. When the roots have grown, plant in soil keeping the bottom half of the pit covered in the soil while the top half stays exposed to the air.

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Carrot

Slice about 1 inch off the top of the carrot. Place in water. The greens can be added to your cooking.

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Celery

Cut off the bottom of the bunch and add to water. Once the leaves begin to grow, move to soil.

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Chilli & Capsicum

Plant the seeds in soil and water gently.

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Pumpkin

Take the seeds out of a pumpkin and dry. Plant in soil and watch your pumpkin vine grow.

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Basil

Place stalks of basil in water and roots should regrow. Once roots are a few inches long, then replant in a pot.

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Coriander

Place stalks of coriander in water and roots should regrow. Once roots are a few inches long, then replant in a pot.

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Citrus

Dry the seeds and plant into soil. Gently water. This works for many types of citrus, though it will take several years to get any fruit from them.

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Pineapple

Take the spikey top off the pineapple and place in water. When roots start to grow, move to soil. Pineapples do take years to grow.

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Ginger

Place a knob of ginger in water. Once buds appear, soak this piece and plant in soil.

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Sweet Potato

If left in the pantry, they will sprout. Cut off these sprouts, known as slips, and place in water. Once roots appear, plant in soil.

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Bok Choy

Bok choy regrows from the bottom. Just chop off about an inch and place in water.

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