

6 Vegetables That You Can Regrow



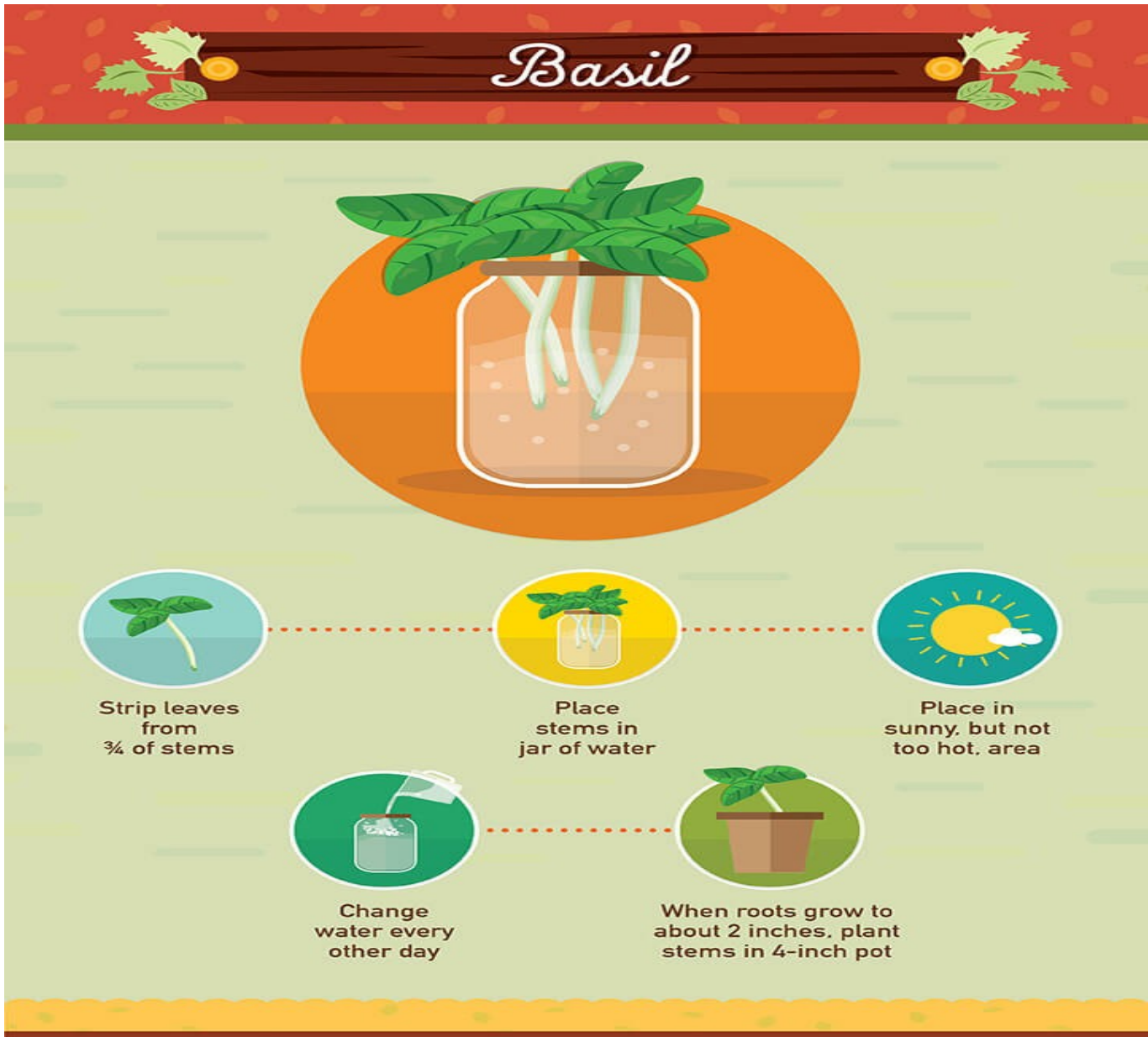


Fresh produce is necessary for optimal health, but it gets expensive to purchase this from the store or market each week. Growing your own fruits and vegetables is the best way to ensure a regular supply and when you grow your produce from kitchen scraps, there is no cost to you. Regrowing your kitchen scraps is easy and can be done in your home, there is also many vegetables you can regrow that doesn't require seeds. Growing your own vegetables can offer you the opportunity to reduce the amount of pesticides that you use in your garden. The vegetables that you grow in your garden promote health because they are rich in nutrients, especially in phytochemicals, antioxidants, vitamin C, vitamin A and folate. Here is a list of vegetables that are easy and doable for anyone!



Don't throw away your avocado pits. Use them to grow an avocado tree. Not every pit will produce roots, so your best bet is to try two or three pits at once. Start by cleaning off the pit, removing any remains by rinsing it under cold water and then toweling it dry. Push four toothpicks into the pit, evenly spaced apart. Use the toothpicks to balance the pit over the top of a glass jar (feel free to salvage a wide-mouthed jar from the recycling bin), making sure the pit is pointy side up. Fill the dish or jar with water, enough that about half of the pit is submerged. Place the dish/jar in a sunlit area and change the water every day or so. After approximately three to six weeks, the top of the pit will begin to split open. Several weeks after that, a stem, leaves, and roots will begin to grow.

A few weeks after this growth occurs, you should see leaves. Be patient. In approximately three months, when your tree is around 7 to 8 inches tall, plant it in a 10-inch pot with adequate drainage. Fill the pot with soil, and press your avocado sapling into it, root-side down (so the top half of the pit remains uncovered). Keep the sapling in a sunny area and water it regularly.



Liven up pasta dishes, sauces, and pizzas, all for the price of one basil plant. Select several 4-inch stems from a bunch of basil. Then strip all leaves from about 75 percent of each stem with a sharp knife. Put the stems in a jar of water and place in a sunny (but not too hot) location. Change the water every other day. You'll soon notice new roots form along the stems.

When the roots grow to about 2 inches in length, plant the individual stems in a 4-inch pot. Keep the pot in an area that gets at least six hours of sunshine each day, and water regularly. Harvest when the plants are full grown but do not remove all the leaves at one time

Cabbage



Place leftover leaves in a bowl with a small amount of water



Set bowl in sunlit area



Replace water every couple days

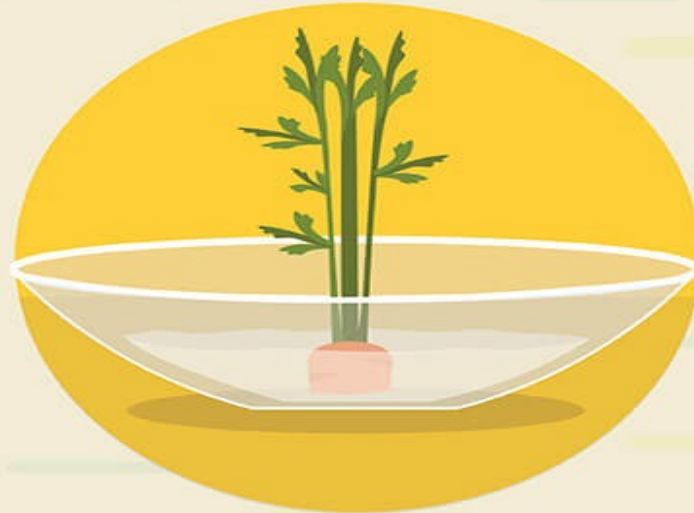


Transplant cabbage to garden when roots and new leaves appear

Grow your very own cabbage patch for cheap. Place leftover leaves in a bowl and add a small amount of water in the bottom. Set the bowl in an area that receives a lot of sunlight. Every couple of days, replace the water and mist the leaves with water.

When roots and new leaves begin to appear, transplant the cabbage into a garden. Harvest when fully grown, then repeat with the new leaves.

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

Instead of defaulting to the compost, use carrot tops to grow healthy carrot greens. Place a carrot top or tops in a bowl, cut side down. Fill the bowl with about an inch of water so the top is halfway covered. Place the dish in a sunny windowsill and change the water every day.

The tops will eventually sprout shoots. When they do, plant the tops in soil, careful not to cover the shoots. Harvest the greens to taste. (Some people prefer the baby greens; others prefer them fully grown.)

Cilantro



Place stems in jar of water



Place in sunny area



Change water every day

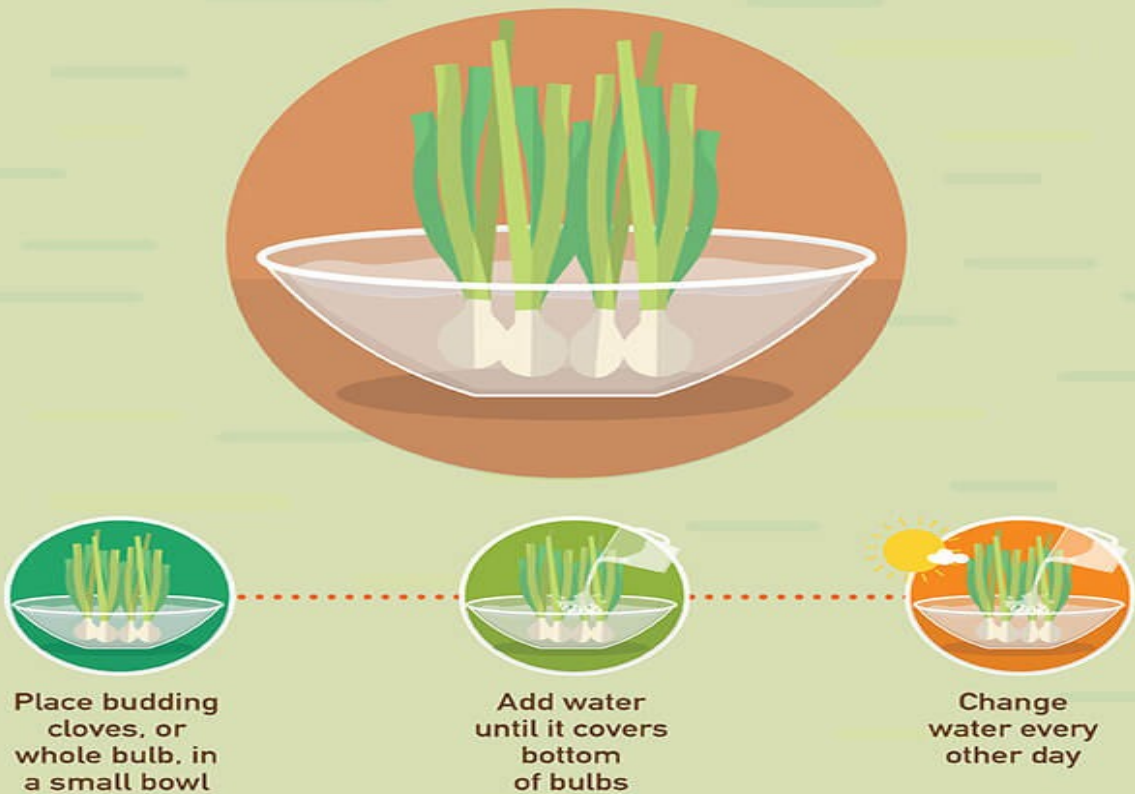


When roots grow, plant stems in a pot

Just like basil, cilantro can regrow roots, and grow new plants once replanted. Simply place cilantro stems in a bowl of water, put the bowl in a sunny area, and change the water every other day.

Once the stems sprout plenty of roots, plant them in a pot. Expect new shoots to come up in a few weeks. In a few months, you'll have a full-grown plant. Harvest leaves as needed, but be sure not to strip a stem of all its leaves at one time

Garlic Sprouts



While you may not be able to grow garlic bulbs, you can grow garlic sprouts—also known as garlic greens—from a clove or bulb. Place a budding clove (or even a whole bulb) in a small cup, bowl, or jar. Add water until it covers the bottom of the container and touches the bottom of the cloves. Be careful not to submerge the cloves in order to avoid rot. Change the water every other day and place in a sunny area.

After a few days, the clove or bulb will start to produce roots. Sprouts may grow as long as 10 inches, but snip off the greens once they're around 3 inches tall. Just be sure not to remove more than one-third of each sprout at one time. They're tasty on top of baked potatoes, salads, in dips, or as a simple garnish.

6 Vegetables That You Can Regrow Quiz

True or False

1. The vegetables that you grow in your garden promote health because they are rich in nutrients.
2. when you grow your produce from kitchen scraps, there is no cost to you.
3. Growing your own vegetables can offer you the opportunity to reduce the amount of pesticides that you use in your garden
4. Growing your vegetables requires a ton of work.
5. You can only use seeds to regrow vegetables or fruits.
6. Basil can be regrown in your kitchen at home.
7. Carrot tops may seem wasteful but you can regrow them.
8. Cabbage needs to be set in the sunlight when growing.
9. Avocados pit can be grown into a avocado tree.
10. Cilantro is grown by seeds.

Multiple Choice

11. In approximately _____ months your avocado tree should be 7-8 inches tall.
A. 3
B. 1
C. 5
D. 6
12. A plant that needs 6 hours of sunshine everyday.
A. Basil
B. Tomato
C. Cilantro
D. Potato
13. _____ requires you to strip all leaves from about 75 percent of each stem with a sharp knife.
A. Tomato
B. Basil
C. Cabbage
D. Carrot Greens

14. Just like _____, _____ can regrow roots, and grow new plants once replanted.

A. Basil, Cilantro

C. Cabbage, Carrot Greens

B. Garlic Sprouts, Avocado

D. Cabbage, Basil

15. _____ requires you to snip off the greens once they're around 3 inches tall.

A. Cabbage

C. Avocado

B. Garlic Sprouts

D. Carrot Greens

Short Answer

16. Name 3 vegetables that can be regrown.

17. Name 2 benefits from growing your own vegetables.

18. What is the first step in regrowing cabbage?

19. Explain the process of regrowing Avocado.

20. What vegetables would you like to start growing for yourself?

6 Vegetables You Can Regrow Answers

True or False

1. True
2. True
3. True
4. False
5. False
6. True
7. True
8. True
9. True
10. False

Multiple Choice

11. A.
12. A.
13. D.
14. A.
15. B.

Short Answer

16. Basil, Carrots, Cabbage, Garlic Sprout, Cilantro, Avocado
17. Control what goes in your food, Cost efficient.
18. Placing leaves in bowl with water
- 19.



Sources:

<http://articles.extension.org/pages/27731/benefits-of-growing-your-own-fruits-and-vegetables>

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