



Growing food from scraps!

This is a very sustainable way to reuse kitchen scraps to grow food. It requires a little space – a window sill, balcony or ledge with good natural light is all that is needed.

Onions

Cut a square around the root end of a brown, white or red onion. In a shallow dish half filled with soil, place the onion root downwards. Cover with soil. Water and place in a sunny spot. Water every 3-4 days. A new onion plant will shoot in around 10 days. Harvest when the green shoot yellows and falls over.



Cos lettuce, bok choy, celery

Cut off the base of the vegetable (about 5 cms) . Place in a glass with 1-2 cm of water. Replace water every day. Leaves will form in 5-7 days. Then you can plant in a pot or veggie patch. Harvest lettuce leaves when 12-15cm high and celery/bok choy in 8-10 weeks.



Spring onions

Cut off the whites – at least 3cms. Place roots in a glass with 1cm water. Replace water every day. In 5-7 days these can be planted in soil, or left to grow in the glass with fresh water every 2-3 days.

Carrots, parsnips, radishes, beetroot

Keep the top of the vegetable. Place the top in a shallow dish with water. Replace water every day. Once the root has begun to grow, plant out into a pot or your patch.