



Growing From Your Food Scraps Guide

This sheet describes how to grow for the following vegetables.



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| Potato | Green onions | Celery |
| Garlic | Lettuce | Daikon |
| Carrots | Beets | Turnips |
| Ginger | Bok Choy | Radishes |

Materials:

- A jar (for some vegetables)
- Shallow container (for some vegetables)
- Food scraps
- Soil (for some vegetables)

Sprouting in Water Before Planting

Beets, turnips, carrots:

Cut off the top 2-3 inches of the vegetable. Place in a shallow bowl of water. Do not submerge. Replace the water every couple of days. Once you can start to see roots and new shoots, transplant into soil.

Celery, lettuce, bok choy:

Cut off roughly 2-3 inches from the base of the plant. Place in a shallow bowl of water. Do not submerge. Replace the water every couple of days. Once you can start to see roots and new leaves and shoots, transplant into soil.



Green onions:

Take the white ends of the plant where roots are attached. Place in a jar in the water. Replace the water every couple of days. Once you can start to see roots and new shoots, transplant into soil.

Plant in Potting Soil

Potatoes:

It is best to use older potatoes where you can see little sprouts from the “eyes” of the potato. Cut the potato into two or more pieces, making sure that each piece has at least one eye. Leave the pieces on the counter overnight until dry. Plant them in a container of soil at least 4 inches deep, once you see some leaves, plant outside.

Ginger:

Take a piece of ginger and place it in potting soil. Make sure the bud of the ginger is facing up. In a week or so, you should notice new shoots and roots. Leave in the container or re-pot in a larger container. Ginger grows best in warm climates. Depending on where you live, it is best to keep it indoors and not transplant outside.

Garlic:

Pull the cloves of the garlic apart. Plant the individual cloves into potting soil with the blunt end of the garlic facing down. Place garlic in a sunny place. Once it begins to grow a shoot, you can replant outside.

**General Tips**

- Growing from food scraps won't have the same results as if you grew from seed or a plant start. We recommend you grow the food scraps indoors for a while before growing them outside!
- Sometimes the vegetable scrap part of that is submerged in the water will become slimy, that is normal. Make sure that you are replacing the water frequently. If it starts to smell, throw it out.
- Not everything will sprout, if after a week you don't see new growth, try again.
- Once the scraps start to have new growth, make sure they get plenty of light.

