



Onions



Place onion
bottom in soil



Once roots appear, remove
old onion bottom and
allow roots to grow

*Harvest when onions are fully grown.



*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.



Celery



Place celery base in small bowl with water, stalks facing upright



Place bowl in sunny area



Change water every other day



After five to seven days, move base to planter or garden and cover with soil up to leaf tips

*Keep the plant well watered. You'll soon notice celery leaves regenerate from the base, as well as a few small stalks. Harvest when fully grown, then repeat the process.



Hot Peppers



Harvest
seeds from
peppers



Plant
in soil



Place in a
sunny area





Potatoes



Cut potatoes
into two
pieces



Make sure
each half
has at least
1-2 eyes



Let pieces sit at
room temperature
overnight until
they are dry
to the touch



Plant about
one foot apart
in 8 inches
of soil



Romaine Lettuce



Place bottom of romaine hearts in a bowl with a ½ inch of water



Change water every day

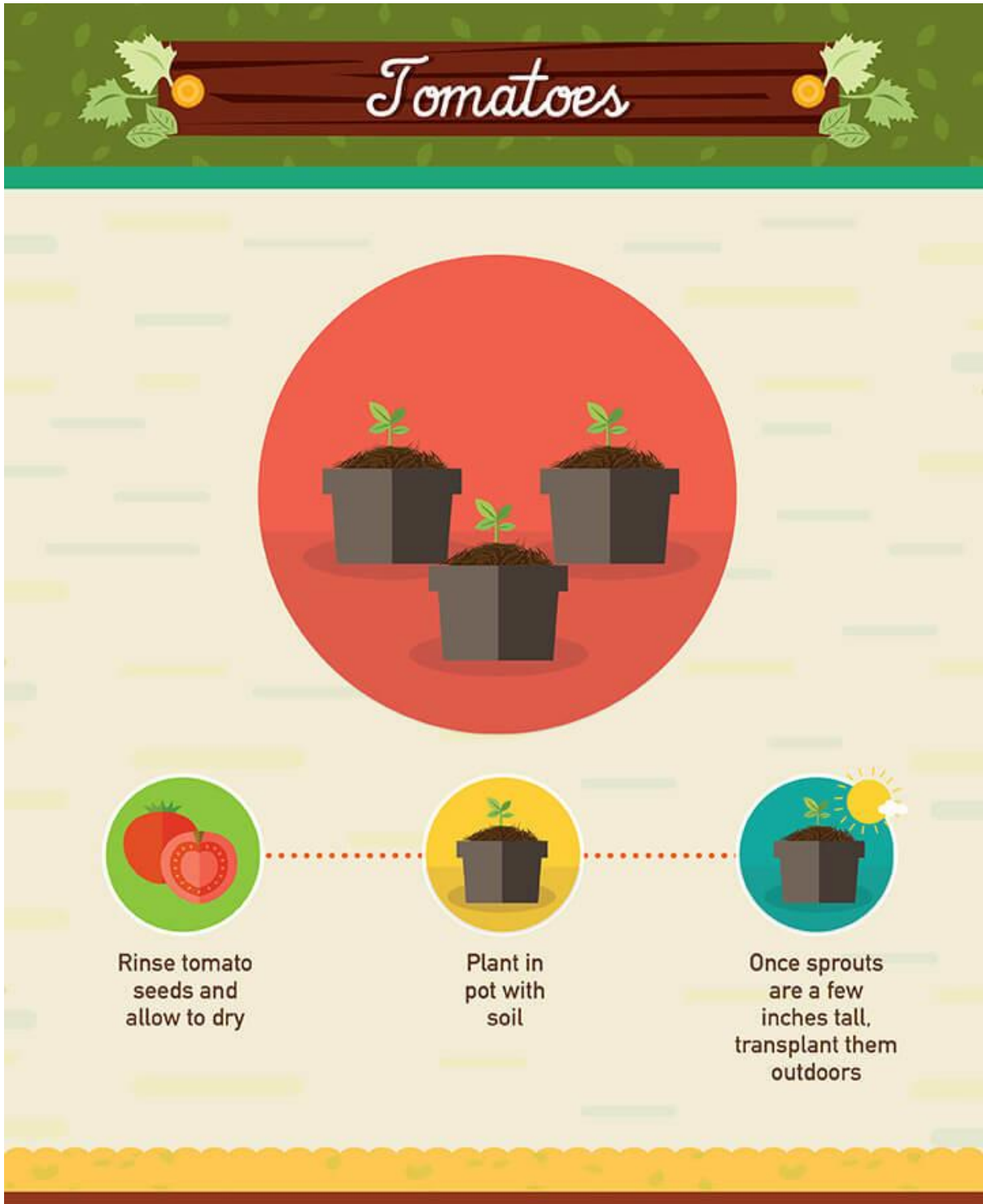


Keep bowl in a sunny area



Once lettuce sprouts, plant hearts in garden

* If you like the taste of baby greens, you can pinch off outer leaves as the lettuce grows. Otherwise, harvest when it's around 6 to 8 inches tall. If you want to continue growing lettuce, cut the lettuce heads off right above the soil line with a sharp knife, leaving the base and root system intact. Otherwise, uproot the whole plant.



*Be sure to plant the tomatoes in a sunny area and water a few times a week.

Resources taken from the following website: <https://foodrevolution.org/blog/reduce-food-waste-regrow-from-scrap/>