

GROW NEW PRODUCE FROM YOUR KITCHEN SCRAPS

Re-growing from leftover scraps and seeds that you would usually throw away is fun and a great way to save money! Read on to learn how to collect and sow seeds from fruit and vegetables, re-sprout your vegetable scraps or replant root vegetables and spices.

1. COLLECTING AND SOWING FRUIT AND VEGETABLE SEEDS

Many of the fruits and vegetables that we get in the supermarket contain the seeds we need inside them to re-grow them in our gardens or on our windowsills. Here is a list of foods you can collect the seeds from and sow straight into compost in a recycled plant pot container.

- **Tomatoes**
- **Chilli Peppers**
- **Sweet Peppers**
- **Dried peas**
- **Dried beans**
- **Lemons**
- **Limes**
- **Strawberries** (the seeds can be found in the tiny holes on the skin of the fruit, just slice a section of skin and plant under 1cm of soil)

Step 1

Collect the seeds from your chosen fruit or vegetable.

Step 2

Fill a container with compost, leaving about 2cm space at the top to prevent overflowing when watering. To allow for drainage, use a container with holes in the bottom or add a 2cm layer of grit or pebbles before you fill with compost. Put your container on a saucer, plate or any lid that can collect the water as it drains out.

Step 3

Water until the compost is soaked right through to the bottom.

Step 4

Bury the seed in the compost at a depth of double its width (e.g. 2cm deep for a broad bean that is 1cm wide) and write the plant's name on the container.

Step 5

Find your planted seeds a home near a window! Cover your pot with clingfilm or any clear plastic you have lying around. Use string or an elastic band to secure the plastic cover then poke a few holes in to allow air to get in and out.

2. RE-SPROUTING VEGETABLE SCRAPS

Many of the kitchen scraps we usually throw away after making meals can actually be re-grown very easily. This can be done with all of the following vegetables:

- **Leeks**
- **Spring onions**
- **Celery**
- **Bulb fennel**
- **Lettuce, bok choy and other leafy greens**
- **Lemongrass**
- **Kohlrabi**
- **Cabbage**

Step 1

Cut off a small section of the base of the bulb or stem of the vegetable. Some veg like spring onions will already have visible roots attached, but others will sprout them when placed in water or moist compost. Place these in either a container of compost or a shallow jar of water so the top of the stem is above the compost or water.

Step 2

Within a few days or a week, new green stems or leaves will emerge from the root. You can simply harvest the top of the stem or leaves with scissors whenever you want to cook with them or add them to a salad or sandwich. After each harvest, allow the stems or leaves to grow back again before harvesting. Replace the water every 3 days to keep it from going stagnant.

3. RE-PLANTING ROOT VEGETABLES AND SPICES

Fresh root vegetables and spices like ginger, turmeric and garlic can all be re-grown indoors to create beautiful edible houseplants. Ginger and turmeric are both tubers. This is a special type of fleshy root that can be re-planted in compost to grow new plants and more tubers for cooking and making tea with.

Step 1

Simply take your fresh ginger or turmeric root and bury it in a pot of compost so half of it is below the surface. For garlic, just bury a few large garlic cloves 2cm deep in the compost with the pointy end of the cloves upwards.

Step 2

Put the container next to a sunny window and water whenever the compost feels dry. Stems will emerge from the roots. The roots of Ginger and Turmeric can be harvested at the end of the summer. You can harvest the garlic stems from the base with scissors and use them in cooking and salads in the same way as a spring onion and they should re-grow after each harvest.