

GROW FOOD FROM SCRAPS

Yes, you can actually grow food from kitchen scraps! So instead of throwing them away, turn your carrot tops, celery bases and other veg into new plants to eat!

Onions, Spring Onions and Leeks

Place the cut vegetable root ends in shallow water and place on a sunny windowsill. Watch the roots grow and new green shoots appear. You can plant out in compost and use the new shoots in cooking.



Carrots

Put the carrot tops cut side down in shallow water and leave on a sunny windowsill until new green carrot tops appear. You can plant them in soil and cut as needed to use in salads and soups.



Garlic

While you may not be able to grow garlic bulbs, you can grow 'garlic greens'—from a clove or bulb. Plant a clove in compost and in a warm sunny spot. When the shoots have grown you can use them to flavour cooking.

Celery

Place the base of a bunch of celery in a small jar or dish with the base just sitting in water and cut stalks facing upright. Leave in a sunny area for about one week and change the water every other day.



After five to seven days cover it with soil, leaving the leaf tips uncovered. You'll soon notice celery leaves regenerate.



You can also save seeds from tomatoes, pumpkins and peppers and plant them in compost. Put on a sunny windowsill and once they are a few inches tall plant outside.

