CAN YOU GROW FOOD FROM KITCHEN SCRAPS AND WATER?

Give your kitchen scraps a new life by regrowing them into full plants. See what you have in your kitchen and follow the directions below.

**Leafy Vegetables**
Celery, lettuce, bok choy, cabbage

- Cut off the plant’s base so it’s at least 1 inch tall.
- Place it cut side up in a shallow container and add ½ inch of water.
- Put on a sunny windowsill and change the water every couple of days.
- Use the leafy greens or plant in soil once a new root system emerges.

**Bulb Vegetables**
Green onions, fennel

- Cut off the end with the roots and leave an inch of the vegetable.
- Place it root-side down and place in ½ inch of water.
- Put on a sunny windowsill and change the water daily.

**Fresh Herbs**
Basil, Oregano, Sage, Thyme, Mint

- Remove the lower leaves and place at least 6-8 inches of the herb in water.
- Place on a windowsill and change the water once a week.
- Use the leafy greens or plant in soil once a new root system emerges.

**Bonus:** Use your regrown vegetables and herbs to try out a new recipe.