

# 15 Foods You Can Regrow from Scraps

Don't throw away those old potatoes! There are lots of foods you can regrow from scraps - it's easy, free, and you don't need a lot of space to keep fresh produce ready all year long!



## Green Onion

Plant the bulbs in a pot or container garden so that the top of the stalk pokes out of the dirt



## Onion

Save the bottom piece of the onion that contains the roots! This one piece of onion can be used to re-grow two or more onions

## Kale

Once your kale plants are mature, clip off leaves as needed, starting with the larger leaves at the bottom of the stem



## Sweet Potato

Sweet potatoes are grown a little differently than regular potatoes. To regrow sweet potatoes, you plant the sprouts, or "slips"



## Leeks

Save bulbs with at least an inch or two of the stalk. Plant the bulbs in the ground with the stalk peeking out

## Ginger



Plant a piece of ginger root in a pot with soil, water, and wait for it to sprout

## Basil

Cut the stem, keeping a few leaves attached. Place in a jar of water to generate roots, then you can move to a planter



## Mint

Mint is a fairly easy plant to grow and spreads quickly on its own. You can regrow mint cuttings as you would basil



## Garlic

Simply bury the cloves under about an inch of soil and keep watered. The garlic is ready to harvest when it starts to turn yellow

## Rosemary



Cut a 3" piece from a mature plant. Strip the leaves from the bottom half of the cutting and plant that end in soil

## Potatoes

Cut a sprouting potato so that each chunk has an eye and a sprout. Plant with the eye facing up and cover with a few inches of dirt



## Cilantro

Like basil, cilantro can be regrown from cuttings. Once you have a mature cilantro plant, you can cut leaves as needed



## Romaine Lettuce

You can plant the bottom end of a head of Romaine in soil, water, and it will start to regrow leaves

## Celery



Celery can be regrown by saving the base and placing in a cup of water until leaves sprout. Then transfer the celery plant to a pot with soil

## Bok Choy

Bok Choy can be regrown just like romaine lettuce!

