

Kitchen Scrap Gardening

<https://www.apieceofrainbow.com/vegetables-herbs-regrow-kitchen-scrap/>

Grow Beet Greens

When you cut the top off a beet, put it in a shallow tray of water. Beet greens will start to grow, which you can use in salads.



Grow Carrot Greens

Carrots are also root vegetables like beets. You can use the same methods. Carrot top greens taste a bit like parsley. They are very nutritious, high in potassium and vitamin K.

Sprout Celery in Water

If your celery has a little bit of root at the bottom, you can sprout the leftover celery base in water.



Regrow Lettuce Scraps in Water

A head of romaine or butter lettuce can regrow from the base we trim off. Just give it some water and sun light, you will have more fresh greens for salads in a couple of weeks.

Regrow Green Onions

Cut each green onion so you have 1" – 2" of stem attached to the roots. Put cuttings with roots in water. Place the onions in a very bright spot.





Regrow Ginger from Kitchen Scraps

Cut fresh ginger root into 1 ½ "pieces.
Allow the pieces to callous over for 24-48 hours.
Plant each of the cut pieces into an 8" pot with well-draining soil that has been amended with compost or other organic matter.
Give the plant bright indirect light, but not full sunlight. Water well.
Leaves should sprout in a few weeks.
The rhizomes will be ready to harvest in 2 months.

Orange, Lemon, Lime & Grapefruit Seeds

These seeds are easy to grow. Keep the seeds moist until planting them in moistened potting soil 1" deep. The seeds should sprout in 2-4 weeks. Keep the seedlings well-watered. They won't grow into fruit trees for many years. The leaves smell like whatever type of citrus you're growing, so be sure to do some "rub and sniff" tests.



Bottom of Avocado pit



Starting Avocados

Wash any excess avocado matter that is stuck to the pit until it is perfectly clean and smooth. **Suspend the pit in water.** Avocado pits shouldn't be planted directly into the ground—instead, they need to be started in water until their root and stem are developed enough to support the plant. Make sure that your pit is sitting in the water right side up. The top of the pit should be ever-so-slightly rounded or pointed like the top of an egg) while the bottom, which is in the water, should be slightly flatter and may have a patchy discoloration compared to the rest of the pit.