

## Regrow your kitchen scraps!

There are many plants that can be regrown from kitchen scraps. Along with composting, kitchen scraps can be propagated regrown. This is a great way to both decrease the amount of organic food waste you produce, and can save money on groceries as well. Try these at home!

### Romaine lettuce, bok choy, carrots, green onions:



- Place base of the veggies in water and watch them grow
- Plant into soil or harvest as needed

### Basil, mint, and various other herbs:



- Take off the bottom leaves to cook/eat
- Place the bottom part into water and leave on a sunny windowsill
- When roots grow 1-2inches, plant them in a pot and it will continue to grow

### Pineapple:



- Twist off the top of a pineapple (compost the core and skin)
- Take off the bottom .5-1in of leaves and let the cut part dry for a few hours.
- Prop the pineapple top into a jar of water with the bottom part submerged.
- When roots reach a couple inches long, plant the head into soil
- The plant will also produce shoots (called pups) which will each turn into its own plant.

### Avocado:



- Wash and dry the seed
- Poke toothpicks into seed and place it over a jar of water (make sure the bottom is submerged and the top is dry)
- When the plant gets 6-12inches tall, plant it into soil
- The tree probably won't fruit, but it's fun to have an avocado tree

### Garlic:



- Take the cloves apart
- Plant directly into the soil with the base downwards to grow another head  
or:
- Place the bottom of the cloves in water and harvest the garlic tops as needed