

Regrow Your Own Vegetables by Professor D

Professor D has the latest on recycling fresh fruits and vegetables. In just a week or more you can turn your food scraps into garden ready plantings.

STEPS

Green Onions

1. Submerge the root ends of green onions in a glass of warm water and watch the roots grow.
2. In a matter of days the green onions will be ready to plant in your outdoor or container garden.

Romaine Lettuce, Celery and Carrots

1. Place the bottom of romaine hearts in a bowl with inch of water. Keep the bowl in a sunny area and change out the water every day.
2. Once the lettuce sprouts roots, you can plant the heart in your outdoor or container garden.
3. Try this approach with celery and carrots too. Different vegetables may take longer or shorter time for regrowth to occur.

