

EatingWell.

HOW TO GROW Fruits & Vegetables from Food Scraps

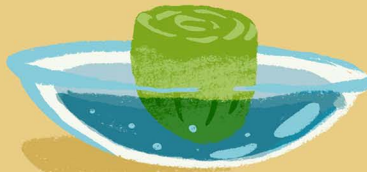


FOR FULL INSTRUCTIONS, GO TO
[eatingwell.com/growscraps](https://www.eatingwell.com/growscraps)

HOW TO GROW CELERY FROM A CELERY SCRAP



① REMOVE 2 INCHES FROM BASE



② PLACE IN SHALLOW BOWL OF WATER



③ SPRAY DAILY TO KEEP MOIST



④ REPLACE WATER EVERY FEW DAYS



⑤ TRANSPLANT INTO GROUND

HOW TO GROW HERBS FROM SCRAPS



① CUT A SNIPPING AT A NODE



② PLACE SNIPPING IN A JAR OF WATER ON THE WINDOWSILL



③ REPLACE THE WATER EVERY 1-2 DAYS....



④ UNTIL ROOTS EMERGE



⑤ TRANSPLANT INTO GROUND

HOW TO GROW GARLIC FROM A CLOVE OF GARLIC



① PLANT CLOVES POINTY
SIDE UP, 4-6 INCHES APART

② PLANT IN FALL, BEFORE 1ST FROST, ENJOY
FRESH GARLIC THE NEXT YEAR

HOW TO GROW GINGER FROM A PIECE OF GINGER



① SOAK IN WARM
WATER OVERNIGHT



② PLANT SIDWAYS
IN CONTAINER

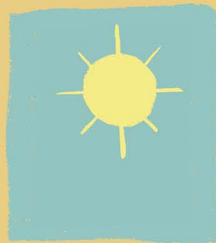


③ COVER
WITH SOIL



④ PLACE IN
SUNNY SPOT

HOW TO GROW GREEN ONIONS FROM SCRAPS



① REMOVE THE WHITE PART WITH A SMALL AMOUNT OF GREEN AND PUT IN WATER

② REFRESH THE WATER REGULARLY

③ USE GREEN PORTIONS AS THEY GROW

HOW TO GROW LETTUCE FROM SCRAPS



① CUT AWAY BASE AND
PLACE IN BOWL OF WATER



② REPLACE WATER
EVERY 1-2 DAYS



③ WITHIN TWO WEEKS
YOU'LL HAVE NEW LEAVES

HOW TO GROW PEPPERS FROM PEPPER SCRAPS



① SAVE THE SEEDS FROM YOUR NEXT BELL PEPPER

② PLANT IN SOIL AND WATER REGULARLY

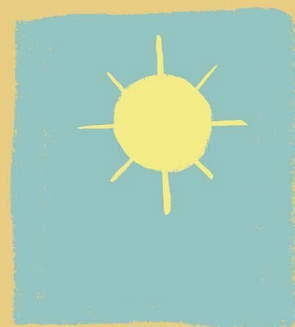


③ ONCE A NEW PLANT EMERGES ...



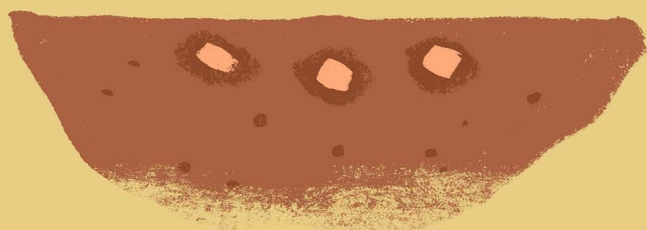
④ TRANSPLANT IT OUTDOORS IN DIRECT SUNLIGHT

HOW TO GROW SWEET POTATOES FROM SCRAPS



① CUT POTATOES INTO 2-INCH PIECES

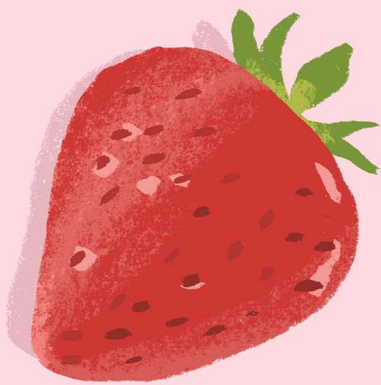
② LET THEM SIT ON COUNTERTOP TO DRY



③ PLANT DIRECTLY IN GROUND IN EARLY SPRING...

④ AND ENJOY POTATOES IN EARLY TO MIDSUMMER

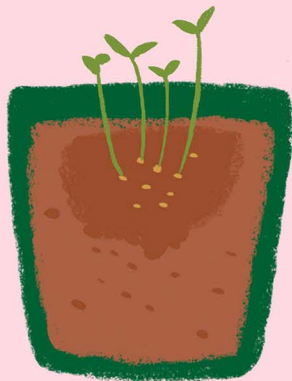
HOW TO GROW STRAWBERRIES FROM SCRAPS



① CUT OFF THE SKIN OR EXTRACT SEEDS WITH TWEEZERS



② PLACE IN SUNNY SPOT AND WATER REGULARLY

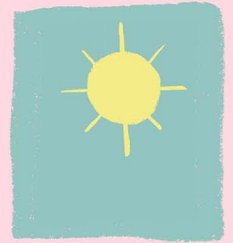
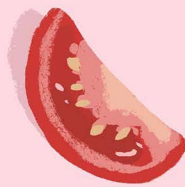


③ WHEN SPROUTS EMERGE...



④ TRANSPLANT INTO STRAWBERRY POT IN SPRING

HOW TO GROW TOMATOES FROM TOMATO SCRAPS



① PLANT SEEDS IN A SMALL POT

② KEEP WATERED ON WINDOWSILL



③ ONCE THE PLANT REACHES SEVERAL INCHES TALL ...



④ TRANSPLANT TO A LARGER POT

HOW TO GROW TURMERIC FROM TURMERIC SCRAPS



① PLANT SIDWAYS
IN CONTAINER



② PLACE IN WARMEST
PART OF THE HOUSE



③ KEEP PLANT MOIST,
SPRAYING REGULARLY



④ HARVEST WHEN
PLANT DRIES OUT

HOW TO GROW PINEAPPLE FROM PINEAPPLE SCRAPS



① REMOVE THE TOP OF THE PINEAPPLE



② LET TOP DRY OUT 2-3 DAYS



③ PLACE IN POT WITH A ROOTING MEDIUM



④ ONCE ROOTS GROW, TRANSFER TO A POT



⑤ PLACE IN A SUNNY SPOT AND WATER OFTEN



⑥ WAIT ABOUT 2-3 YEARS FOR NEW FRUIT