

How-To: Regrow Veggies without Soil using Kitchen Scraps



HOW TO REGROW LEEKS

STEP 1

Cut the leek and make sure to leave 1/2- 1 inch of the white root end intact.

STEP 2

Place the white root end of the leek in a shallow cup of water using just enough water to cover the roots- do not submerge the whole thing in water!

STEP 3

Place in indirect sunlight like a windowsill and expect growth in as little as 3-5 days! Change the water every 2-3 days to make sure the roots do not get moldy. It can take up to 1-2 months for full regrowth.

While the instructions above refer to leeks, you can use the steps as a general guideline for other veggies you are looking to regrow. Keep in mind that the other veggie options listed above are able to successfully regrow in just water, but you can also replant them in soil if you have that available. Happy Growing!

BENEFITS OF REGROWING

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Prevents food waste by making use of kitchen scraps instead of throwing them out.

Saves money by growing your own produce instead of buying from a store.

It's fun, simple, and rewarding to grow your own food!

OTHER VEGGIES TO TRY REGROWING



Lettuce (pictured left)

Green Onions

Bok Choy

Celery

