



6 super easy WAYS TO RE-GROW FOOD



CARROTS

Place the carrot top in a small bowl with some water, it will start to sprout after a few days. Transfer to soil when large shoots start to form.



GARLIC

Take one clove and plant into the soil with the roots facing downwards, keep it in a sunny spot.



STRAWBERIES

Slice a piece off the strawberry making sure there are plenty of seeds and plant straight into the soil, it will take a few weeks for a plant to start to grow



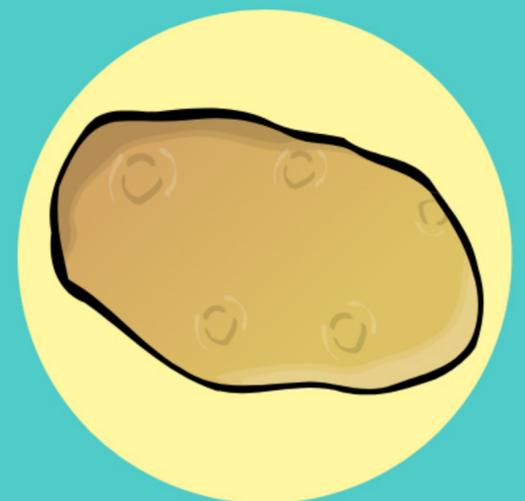
PEPPERS, ORANGES & APPLES

Just remove the seeds or pips and push directly into the soil, you can also do this with tomato seeds but you need to rinse them and allow to dry before planting.



ONIONS

Cut the root off the onion leaving about half an inch of onion on it. Place in the soil with the roots facing down and cover lightly with soil.



POTATOES

You can just use the peelings, they need to have a few eyes on them. Let the peeling dry out overnight then place in the soil. You will see it starting to grow in a few weeks



LEEKs, SPRING ONIONS & CELERY

No need for soil, these super easy plants can be re-grown anywhere! Just place the root part in a tall glass with some water and watch it grow!

