

Food glorious FOOD for Free

Reasons to re-grow food.



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1. Its FOOD

We all need food to eat but it seems to taste more delicious when we've grown it ourselves and even better if it costs nothing to do it!

2. It's FREE

You've already bought the vegetables, and all you need is a couple of tablespoons of water (you can even re-use water you've already used elsewhere, like collecting some water while you wait for the shower /tap water to heat up. (so you save water costs and water too!)

3. It saves money.

It's a small way to save some pennies, but remember lots of pennies add up to bigger savings.

You probably won't get loads from any of them but it is still food and every little bit helps. Just a few leaves of lettuce can improve your tuna sandwich or salad - what's even nicer is that you grew it yourself and it probably tastes better too.

4. 4. It makes organic foods more affordable.

If you start with organic food, you'll regrow food that's organic... so you'll reap the benefits of organic greens without actually paying a high price for them!

5. It's simple.

Anyone can do this, you need some simple tools (cups, containers, a few scraps of food, some water and somewhere to stand them near to sunlight (but not directly in the sun) to make it happen. Honestly, just stick the plant in some water and let it grow naturally, simples (squeak)

6. It's fun!

Watching your plant grow each day and seeing food develop almost in front of your eyes - magic!

HOW TO GROW YOUR VEGETABLES IN WATER

- ❖ You don't need a lot of water - just enough to cover the roots or root area. About 1½cms (½" in old money) of water will be enough otherwise the vegetable can get slimy and mouldy.
- ❖ Make sure you check the water every 2-3 days firstly so that there's enough water and secondly that no debris or bits of the vegetable has fallen off and slimed up the water.
- ❖ Make your container the right size for the food you're growing. Lettuce and celery grows best in shallow bowls whereas Spring onion and lemongrass can be in taller, skinny glasses like tumblers.
- ❖ You can regrow multiples of the same plant as long as you're not overcrowding the area.
- ❖ Adding a small amount of liquid fertilizer could help with the yield when you regrow food.

BOK CHOY

Cut off the bottom of the stalk and place in a small bowl of water. New growth begins from the middle in 1-2 days with significant growth in less than a week!

CABBAGE

Place the root end in a shallow bowl of water and watch it regrow from the middle. Be sure to harvest on the smaller side to get the best flavour.

CARROT GREENS

You can't regrow a full carrot, but you can regrow the carrot tops! Place the cut-off end of a carrot in a very shallow bowl of water or on a saucer. Harvest the greens as they grow and add to salads. Better yet, make this amazing carrot top pesto found on <https://dontwastethecrumbs.com/regrow-food-water>

CELERY

Cut off the bottom 5cms (2") of the stalk and place in a small bowl of water. New growth begins from the middle in 3-4 days. It might take a while for a full stalk of celery to grow, but you'll get great growth in the middle so you can flavour. If you don't know what to do with the leaves, dehydrate them and make your own dried celery powder.

FENNEL

Cut off the bottom 2.5cms (1") of the base so that the roots are intact and place in a small bowl of water.

GARLIC CHIVES

Garlic chives are the green that grows from a clove of garlic and can be added to dishes that traditionally call for green onion chives like salads and baked potatoes. Place a garlic clove in a small cup and add water to the bottom without submerging. Roots will grow in a few days and shoots will grow shortly after!

Tip: Garlic starts to lose its pungent flavour when the shoots grow, so if you find an odd clove in your fridge or pantry starting to shoot, place it in a cup of water to grow leaves instead of throwing the clove away!

SPRING ONIONS

Keep the white part of the onion with any roots that are still intact. Place in a glass with water and you'll have a never-ending supply of fresh spring onion!

LEEKs

Cut off the bottom 5 -7½cms (2-3") of the stalk and place in a cup of water. New growth will come from the middle of the plant. Usually only the green part of the leek is used in cooking, but it can be used interchangeably with onions for a delicious, mellow flavour.

LEMONGRASS

Cut off 5-7½cms (2-3") from the bottom and place in a tall container with 1½ cms (½") or so of water. New lemongrass shoots will grow from the middle.

LETTUCE

Cut off the bottom of the head of lettuce and place it in a small bowl of water. New growth begins from the middle of the in as little as 3 days and you'll have a new half-head of lettuce in about 2 weeks. It's rumoured that Romaine re-grows best, but others have had success with green leaf and red leaf lettuce too.

You can also grow more plants by collecting seeds from those you normally buy, Bell Peppers, squashes, pumpkins, tomatoes, strawberries, even apples & oranges (although you'd have to wait a number of years for them to bear fruit!) and more...

Watch out for more ideas about other foods coming soon