

THE ZERO WASTE KITCHEN-

WHAT YOU CAN REGROW FROM OLD VEG.

31, March, 2020

GETTING STARTED

Regrowing veg in the kitchen can involve seeds, roots, stems or leaves that will regrow in the soil or water. When doing this it will either regrow the same back such as lettuce regrows its leaves in water or it will regrow another section like carrots which sprout leaves that can be used in salads.

Here are a few tips to help get you started-

- *Start with relatively fresh healthy vegetables, fruit or herbs.*
- *Try and avoid anything treated with a growth retardant, giving everything a good wash will help with this if unsure.*
- *Know the basic different parts of the plant and what parts you need.*
- *Provide the right growing conditions that will be specified below.*
- *Know what to expect ! don't expect to regrow a whole carrot from the top for example.*

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- *Remember to replace the water every few days*

When regrowing plants in water on your windowsill the best location for them is an east or west windowsill. This is because the sun will not be as strong as a south facing window, this helps because at this stage as the plants are trying to develop a root system and strong sunlight or too hot a windowsill will cause the leaves to wilt, scorch or the plant to dehydrate. A north facing windowsill will also work especially if it's more constant in temperate and has a lot of natural light instead of sunlight.

STEMS TO REGROW IN WATER

All these can be placed in a cup of water making sure the water isn't right to the top of the cutting- about half way work. replace the water every few days.

Herbs

- *Basil*
 - *Mint*
 - *Rosemary*
 - *Thyme*
 - *Oregano*
 - *Sage*
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Take these as softwood cuttings and place them into the water (if you're not sure how to then we have done a video on softwood cuttings.)

If you have ever bought herb stems from the shop and they're starting to wilt a bit then you can regrow some of them in water or dry them and put them in jars.

Once the herbs have regrown and have a good root system you have two options.

- 1. Keep them in the water jar replacing the water and with some sugar mixed in*
- 2. Pot it up into a small pot, a small pot is necessary as the root system is not fully established yet and gives it just the right amount of room to grow and not too big so the pot stays wet and rots the root.*

REGROWING LEAFY VEG

To regrow leafy veg like lettuce then what part you will need is the part where the roots once grew from- You can tell the bottom part as it will be flat and have a slightly raised defined outline of where the roots once grew, this should be intact and cut away the top part leaving about 3-4 cm of

thickness on it so it has enough energy to regrow and reduce the chance of rotting compared to being cut too thin.

Be mindful of this step as this is a common mistake to cut too thin or use too far gone veg with no energy reserves left to grow from. You'll know it's too far gone as it will be very wilted and soft.

- *Lettuce*
- *Cabbage*
- *Bokchoy*
- *Celery*
- *Spring onions*
- *Leeks*

ROOT VEGETABLES TO REGROW

When you regrow root veg. What will grow is the leafy part. To do this cut the tops off them and make sure they are about 3-4 cm thick then plant them in soil outside or put them in a little dish of water.

- *Beetroot*
 - *Radish*
 - *Carrots*
 - *Parsnip*
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All of these leaves can be eaten and used with salads or blanched for with meals. Plant outside in open ground or a pot just make sure to regularly check that it hasn't been dislodged by any animals and the soil stays moist. If doing them indoors in a dish, make sure to not submerge them in water.

ROOT VEG FOR TOTAL REGROWTH

Potatoes

They will regrow although there is a small chance of virus coming from these shop bought potatoes as they are not certified as being virus free.

1. plant out a sprouting older potato

You can chit them in egg boxes in a north windowsill before planting out, while this is not necessary it helps with yield and growth. It takes about 3-4 weeks to plant them out by july although a later planting can increase risk of blight.

Email us at cardenden@orevalleyha.org.uk if you have any questions or to show us what you have managed to regrow.