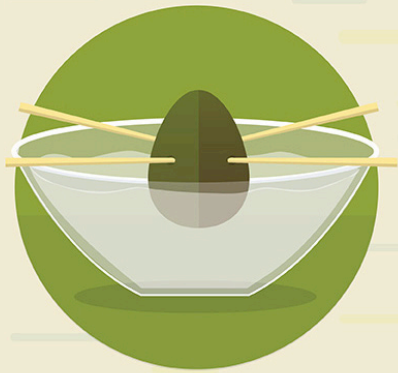


ACTIVITY

How to Regrow Vegetables

An estimated 30-40% of the food supply in the United States goes to waste. This is caused by many reasons and can occur during harvest, processing, shipping, storage, retail, or once the food reaches the consumer. You can reduce your food waste by buying only what you know you'll use, donating unwanted packaged goods, and composting. Check out the guide below to learn how you can grow vegetables using food scraps!

— Avocado —



Use toothpicks to balance pit, root side down, in small jar of water



Place in sunlit area



Change water every day



When tree is seven to eight inches tall plant in 10-inch pot

— Celery —



Place celery base in small bowl with water, stalks facing upright



Place bowl in sunny area



Change water every other day

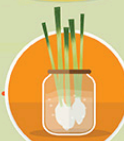


After five to seven days, move base to planter or garden and cover with soil up to leaf tips

— Green Onions, Leeks & Scallions —



Place greens in jar with water



Put jar on windowsill



Change water every other day

— Cilantro —



Place stems in jar of water



Place in sunny area



Change water every day



When roots grow, plant stems in a pot

— Basil —



Strip leaves from ¾ of stems



Place stems in jar of water



Place in sunny, but not too hot, area



Change water every other day



When roots grow to about 2 inches, plant stems in 4-inch pot

— Romaine Lettuce —



Place bottom of romaine hearts in a bowl with a ½ inch of water



Change water every day



Keep bowl in a sunny area



Once lettuce sprouts, plant hearts in garden

— Potatoes —



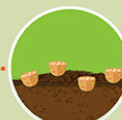
Cut potatoes into two pieces



Make sure each half has at least 1-2 eyes



Let pieces sit at room temperature overnight until they are dry to the touch

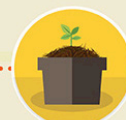


Plant about one foot apart in 8 inches of soil

— Tomatoes —



Rinse tomato seeds and allow to dry



Plant in pot with soil



Once sprouts are a few inches tall, transplant them outdoors