



Regrow don't throw:

Can't get seeds? We understand in this time of isolation that accessibility can be a problem, so why not **reuse** what you have in your kitchen?! Even if you don't get budding plants, it is a fun experiment to try out!

Did you know there are many fruit and vegetables that can be regrown from left over produce?

Why not try to regrow some of your most used fresh food. It is a great way to use up food waste and teach children about planting.

Try experiment with the following Incredible Edible fruit and vegetables below.

Potatoes

You can replant your wizened or small potatoes.

- First you cut your uncooked potato into two pieces, making sure, each half has at least two **eyes**.
- Each tuber or potato has several buds or small sprouts, commonly known as eyes! It is from these buds that the new potato can grow!
- Leave the two halves to dry out overnight.
- Once they are dry, plant them 1 foot apart in 8 inches of soil.
- Water the potatoes and find a dry place in your house to let them grow.



Once the potato leaves start peeking through you can add more soil. After a week or two the potato plants will be strong enough to transport outside, but make sure there is no frost forecasted!

Lettuce

- Take the bottom of your roman lettuce hearts and place them in a bowl with $\frac{1}{2}$ inch of water.
- Change the water every day and keep the bowl in a sunny area.
- Once the lettuce begins to sprout plant the hearts in the garden in either in a pot until outgrown, or in the ground.
- Water Daily!



Turnip

Tip: This works mostly with turnips with the green tops still attached!

- Salvage the tops by cutting the turnip from the stem.
- Place the stem in a container of water, you should notice new green tops growing in just a few days.
- Plant the tops in soil when the tops sprout shoots.
- Don't forget to water daily!



Carrot

Tip: This works mostly with carrots with the green tops still attached!

- Cut the top of the carrot with the leaves still attached.
- Place the carrot into a small bowl, cut side down, with an inch of water.
- Place the bowl in a sunny windowsill, changing the water every day.
- Plant the tops in soil when the tops sprout shoots.
- Don't forget to water daily!



Chives

Chives don't grow well from cuttings, but they can be grown from a bulb, similar in appearance to green onions. You are most likely to find chives still attached to the bulb in the organic produce section or your local farmer's market.

- Trim the green part of the chives from the top, leaving 2-3 inches of green sticking up from the bulb.
- Plant the bulbs in a pot with soil.
- Place the pot near a windowsill to allow sunlight in.
- Water the plant every few days—don't worry, chives are pretty drought-resistant, so you don't have to water them every day.
- Be sure to trim the chives when they grow too tall, or the roots won't take, and the plant won't flourish.



Strawberries

- Remove seeds from strawberry with a toothpick.
- Rinse the seeds off so no fruit is left on them then let them dry off completely
- Fill a small plant pot or seedling pot with soil, place one seed into each pot. The strawberry seeds are very small and therefore require smaller pots.
- Strawberry seed germination can take as little as one week or as many as six, so be patient with them. Place the seedling pots on a windowsill inside.
- The seedlings are ready to be transplanted once they've grown three or four leaves each. Transfer the plant into a plant pot outside. Water regularly as they grow.



**Saoirse
Strawberry**

Other Vegetables you can try Regrow at home:

- Peppers
- Celery
- Fennel
- Ginger
- Spring onions
- Tomatoes

Did you know you can use toilet paper rolls as seedling pots?

Just cut four vertical lines at the bottom of the toilet roll and fold them into each other to create a base.

These are biodegradable and a great size for planting small seeds!



Let us know how you got on!

- Did anything grow from your replanted fruit/ vegetable?
- If so, what did you see?
- Did your seed have roots?
- How long did it take to grow?

Why not show us by posting your pictures on social media?!

Tag us @agriaware and use the hashtag #IncredibleEdibles2020 or #IEFamilyChallenge so we can see and re share!!