

HIGHLIGHTS from “Regrowing Vegetables from Kitchen Scraps”

Presentation by Mallory Traughber for Sustainable Solano: 6/11/20

5 easy vegetables to regrow:

Place all containers in a sunny window

Scallions--save 2” from the roots, place in shallow cup (clear shot glass works well) of water, change water every 2-3 days, can transfer to soil

Romaine lettuce/Bok Choy--save 1” from roots, place in snug container, fill halfway with water, change water every other day, will max out in 10-12 days

Celery--save 1 ½ -2” from the root, leave in shallow (clear) cup of water, fill halfway with water, change water 2-3 days, peel back outer layers as they rot to avoid slime, can transfer to soil

Leeks--save 2-3” from the root, place in shallow (clear) cup, fill halfway with water, change water every other day, can transfer to soil

Carrot/Turnip greens--reserve 1” from the top, place in shallow container filled halfway with water (saucer works well), change water every day, new greens will grow in about a week

Tips:

- Normally will get one “harvest” from regrowth
- Fresh water in the cups will help them continue to regrow (or transplant in the soil)
- Leave enough root when cutting so you get a good length to balance water and top of the root
- Just give it time! Some grow fast, some might take a few days

5 herbs to regrow:

Place all containers in a sunny window

Cilantro--place stems in a jar, fill partway with water, once the stems get about 2” of roots forming in water, transplant the stems to soil

Basil--pick several stems from bunch, strip the stems $\frac{3}{4}$ of the way up with a sharp knife, place in jars, fill partway with water, transplant individual stems into 4” pots

Mint--same as Basil

Parsley--same as cilantro (through parsley is a biennial)

Chives--do not grow well from cuttings, suggest purchasing chives still attached to the bulb and planting in soil in a pot for your kitchen, trim often, water less often (drought-tolerant)

Tips:

- Don’t forget to change the water regularly when regrowing roots!
- Try not to strip the stems of all of their leaves as you harvest from your “regrows”

How to make vegetable stock:

Give your scraps one more life by making stock!

- Save scraps, rinse, chop them to a similar size
- Store in a gallon-size resealable freezer bag (store in freezer)
- Date the bag (keeps in freezer for up to 6 months)
- Save about 4 cups of scraps to make 2 quarts of stock

--Pour vegetables into large pot, fill with water until vegetables start to float

--Bring to boil, then let simmer for 30 mins

--Stock can stay in fridge for 3-4 days, or in freezer for 3 months

Vegetables **TO SAVE** (roots, stalks, leaves, and peelings)

Onion skins, carrots, celery, garlic, fennel, chard, potato skins, bell peppers, mushroom stems, parsley stems, leeks, squash

Vegetables **TO AVOID** (their flavors will overpower)

Cabbage, brussel sprouts, broccoli, cauliflower, turnips, artichokes, beet roots, spoiled vegetables

How to save tomato seeds:

--Save seeds and juice in a cup, double the amount of liquid with water.

--Place plastic wrap and rubber band around cup, leave for 1-2 weeks

--As yeast forms inside the cup, it will "eat" away the jelly "coat" around the seeds. Good, viable seeds will sink to the bottom of the cup. Seeds that are no good will still float.

--Rinse, dry, and store seeds in a cool, dark, dry place until you are ready to plant them

How to save citrus seeds:

--Save 10-15 seeds from a lemon, lime, mandarian, etc.

--Rinse all sugar off seeds, keep them moist in a damp paper towel, place in fridge until you're ready to plant them (seeds should be moist when planting)

--Pick the largest seeds with the whitest color to plant about a knuckle deep in soil

--You can use the bottom of a plastic cup to create a DIY "greenhouse" to place over the soil to help your seeds sprout!

How to save strawberry seeds:

--Strawberries may contain 200 seeds, use a toothpick and pick them out onto a paper towel

--Rinse, store seeds on a paper towel and blot them dry

--Place in a safe place for drying, you may need to change the paper towel every day and give them 2-3 days to dry

--Can start seeds indoors in a paper cup (cut the bottom off a second paper cup and poke holes into it, place it in a first paper cup). Plant a small handful of the seeds in your cup, keep the soil moist, and can be transferred to a larger pot in about 6 weeks.

How to make your own newspaper pots:

Materials: *newspaper cut into 4" strips, soil, aluminum can, seeds, permanent marker, masking tape (or blue painter's tape), water*

1. Take the newspaper strip and roll it halfway down and around the aluminum can.
2. Push the newspaper down around the bottom so no part of the can is showing.

3. Press the can down on a hard surface and spin it around a few times so the newspaper takes shape.
4. Use a small strip of tape to cover the seam and the bottom. Use a marker to write the name of the seeds you planted, or your name, on the tape
5. Take the can out of the newspaper pot
6. Fill the pot up with soil, almost to the top.
7. Poke your finger in the soil past your first knuckle, and plant your seed. Cover it up with soil.
8. Water your plant. 5 sprays from a water bottle should be about perfect
9. Put your plant in a sunny window and wait for it to sprout! You will need to repeat watering regularly so the soil stays moist. You can even put your newspaper pot in a larger dish that's partly filled with water to ensure the soil stays wet enough.

And finally, **remember:**

"There are no gardening mistakes, only experiments!" --Janet Kilburn Phillips