

HOW TO GROW
YOUR OWN FOOD

from scraps



Mindful Health

Growing your own food at home is easier than you may think – and even more than that, you can grow your own food at home from the scraps you usually toss in the trash. How incredible is that? It's true -- you can regrow foods like celery, onions, garlic, peppers, and many more from the scraps you typically cut off and throw away.

Growing your food at home saves loads of money over time, saves trips to the grocery store, is better on the environment, leaves you with control of what chemicals are included in the food you purchase and gives you a sense of pride when you grow and harvest your food. It's also a fun family activity to do with the kids and teaches them a lifelong lesson of knowing how to take care of themselves. In this guide, we'll go over several of the very easy foods to grow yourself and just how to do so.



celery

Celery is incredibly simple to grow from the scrap you've been throwing away for years – and it grows quite fast, too.

Cut off the bottom root just like you do when you chop celery. Instead of tossing the bottom part, place it in a bowl of water where the root is submerged in about an inch of water. Place the bowl near a window that gets a good amount of natural light, and change the water every 2-3 days. Once your celery starts growing within a week or so, replant your celery into a planter or garden and let it flourish.





scallions

Scallions are also incredibly easy to grow from the root scrap. Once you chop off the bottom, place the root in a jar of water, much like the celery. Keep your jar on a windowsill, refresh the water every few days, and you'll have scallions growing within days.

Once your scallions begin flourishing, you can replant them in a small pot that can stay on your windowsill in your kitchen. Since scallions are so versatile, they're perfect to have on hand to toss into nearly any recipe. You'll never have to buy scallions again!



hot pepper

Like to add some spice to your recipes? Regrowing hot peppers is quick and straightforward. Harvest the seeds from your peppers, plant them in a small pot with soil, and place your pot in an area that will get great sunlight.

Your peppers will begin growing before you know it, and you'll have a harvest of hot peppers you can share with your neighbors. You can use seeds from your freshly grown peppers to repeat the process and have hot peppers on hand at all times.

onion



You likely use onions regularly in many recipes – they’re great for just about any recipe and can add a familiar flavor to spice things up. Regrowing onions is a great way to save money on something you purchase often.

Cut the bottom off of an onion and place it in the soil. Roots will begin to grow, and you can remove the onion bottom when you see the roots taking place. Your onions will start growing from the roots, and you’ll be enjoying a homegrown onion before you know it.



romaine

It's the perfect time of year to have an abundance of lettuce growing at home to toss-up delicious, fresh, and homemade salads.

Regrowing romaine lettuce from the bottom of the stalk is nearly effortless. Chop off the base of the romaine stalk, and set in a bowl of water on a sunny windowsill.

Change the water and replenish it with fresh water every day, and your lettuce will begin sprouting within days. Once your sprouts begin, plant them into the soil and let them grow.



garlic

Garlic is another ingredient you can include in nearly any recipe, so it's great to have on hand at any given time.

Take one garlic clove and plant it in soil. Water it thoroughly every few days. Your garlic will begin growing within the week – you can keep an eye on it until it starts to turn brown. Harvest your garlic when it starts to turn color and looks like it has a full bulb in tact.



Get in touch with me



Email

info@mindfulhealthwithLORI.com

Website

www.mindfulhealthwithLORI.com

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Lori Kampa

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WELLNESS EDUCATOR
MINDFUL HEALTH