

GARDENING

With food scraps!



Did you know that you can grow food from vegetable scraps? Don't throw away your scraps, instead save these to plant in your garden!



ONION



POTATO



GARLIC



GINGER



GREENS



LEEKS

HOW TO PLANT



ONION

Save the lower third of the onion where the roots grow. This will be the base of the onion with about 1.5 inches of the onion itself. Dry overnight. Plant in moist, well-draining soil in a container or in the ground. Put roots at the bottom and cover with an inch of soil. You can eat the green shoots or regrow the scrap to a full-sized onion.

POTATO

Once eyes begin to grow on potatoes, cut potatoes in half making sure there are a couple of eyes on each piece. Dry overnight. Plant in moist, well-draining soil in a large container or in the ground. In a few months you should be able to dig up a whole bunch of new potatoes.

GARLIC

Detach a clove of garlic from the bulb. Plant in moist, well-draining soil in a container indoors or in the ground. Place in soil with root end down and tapered end of the clove pointing up. Plant in the fall to enjoy a full bulb of garlic the following spring or summer.

GINGER

Once ginger grows buds, place in moist, well-draining soil in large container indoors. Place the root with the newest buds facing up. Cover with about an inch of soil. Green shoots will come out of the soil and the roots will spread out. Harvest pieces of the root in a few months, making sure to cover with soil again to continue growth.

GREENS

Many head-forming lettuces and other leafy greens can be regrown by retaining the rooting section and placing it in water. For romaine lettuce, save a couple inches at the base, place in water in a sunny window, and remove the outer leaves when they start to die. Transplant into moist, well-draining soil after a few weeks.

LEEKs

Leeks and green onions are easy to regrow! Save the root end and place in a jar with water in a sunny window. Leeks and green onions grow back quickly, you can snip off what you need from the green growth and keep the root end in water to continue to grow. Transplant into moist, well-draining soil to get more nutrients.

**To learn more about gardening, contact your
local extension office or visit
www.ncstepstohealth.org**



Why garden at home?

HEALTH

FOOD GROWN IN THE
GARDEN IS HEALTHY!
GROWING VEGGIES INSPIRES
US TO TRY THEM

EXERCISE

GARDENING IS CONSIDERED
MODERATE EXERCISE AND
PROMOTES HEALTHY
PHYSICAL ACTIVITY

VARIETY

BY GROWING FOOD AT HOME,
WE GET THE OPPORTUNITY TO
TRY VARIETIES NOT FOUND
IN THE STORE

FUN

GARDENING CAN BE A
REWARDING HOBBY AND
FUN FOR THE WHOLE
FAMILY

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LOCAL EXTENSION OFFICE OR VISIT
WWW.NCSTEPSTOHEALTH.ORG