



Growing vegetables from scraps of food

How to make the most of your food waste

Growing vegetables from scraps of food is a cheap and easy way of growing your vegetables throughout the year with minimal equipment. It is also a good way to reduce food waste.

What you need to know:

Vegetables that grow well from scraps of food: celery from the base of the stalk, garlic greens from sprouted cloves, spring onions from the base, romaine lettuce from the base (about 5 cm), carrot greens from the top of your carrots, and many more!

Location: grow them in a well-lit location, like a windowsill.

Container specifications: most of the vegetables mentioned above can be grown in some water in a shallow container, like small bowls, glasses, the bottom of plastic bottles, and yoghurt pots.





Growing celery from the base of the stalk

Timeline: your celery should start to sprout in a day or two. You should then wait until you get a decent sized celery.

Step by step:

1. Cut off the bottom of your celery bunch about 3 to 5 cm from the base (use the sticks in salads or other dishes).
2. Clean the celery stalk base and pat dry it.
3. Place the base of your celery in a small container, for example a bowl, with the bottom of the plant facing down.
4. Pour some water in the bowl so that the celery base is about 3 cm deep in water.
5. Place the container in an area with plenty of direct sunlight.
6. Change the water every few days and make sure the container does not dry out.

Harvest: cut off the bottom of your new celery bunch, use it in dishes, and use the new base to grow more celery!

How to store celery:

To keep your celery in the fridge, remove the base, cut the stalks in half and place them in a bowl of water or keep them upright in a glass filled with water. Cover the stalks and replace the water regularly. You can also freeze celery: remove the base and leaves, cut the stalks into desired sizes, blanch them (boil them for about 3 minutes), drain them and put them in cold water to stop the cooking, pat dry the celery with paper towels, place it in freezer bags and store them in the freezer for up to one year.