

Grow Your Own Vegetables at Home.

1. Lettuce



Lettuce, Bok Choy and cabbage are relatively easy to grow from scraps. Instead of throwing out those leftover leaves, simply place them in a bowl with just a bit of water in the bottom. Keep the bowl somewhere that gets good sunlight and mist the leaves with water a couple of times each week. After 3 or 4 days, you will notice roots beginning to appear along with new leaves. When this happens, you can transplant your lettuce or cabbage in soil.

2. Celery



Celery is one of the easiest foods to grow from leftover scraps. Just cut off the bottom or base of your celery and lay it in a bowl with just a bit of warm water in the bottom. Keep the bowl in direct sunlight as long as possible each day and after about a week, you will begin to see the leaves thickening and growing along the base. When this happens, you can transplant your celery in soil and wait for it to grow to full length.

3. Lemongrass



If you love using lemongrass but have a difficult time finding it, simply regrow your own. Lemongrass will grow just like regular grass. You just place the root that is leftover in a glass bowl or jar with enough water to cover it and leave it in the sunlight. After about a week, you will notice new growth and when this happens you can transplant your lemongrass in a pot or in your herb garden.

4. Ginger



Ginger root is very easy to grow and once you get started, you can keep your supply of ginger full. You just need to plant a spare piece of your ginger root in potting soil, making sure that the buds are facing up. You will notice new shoots and new roots in about a week or so and once this happens you can pull it up and use it again. Remember to save a piece of the rhizome so that you can replant it and grow more for the next time you need it.

5. Garlic



Garlic is really easy to grow and can be done from just one clove. When you buy garlic, you get several cloves so just pull one off and plant it with the roots facing down in potting soil. Garlic likes plenty of direct sunlight so in warmer weather, keep it outdoors in the sun during the day. Once you notice that new shoots have established, cut the shoots back and your plant will produce a bulb. You can take part of this new bulb and plant some of the rest again.

6. Onions



Onions are very easy to grow indoors or out. You just have to cut the root of the onion off and make sure that you leave about a half an inch of onion when you do. Cover lightly with potting soil and keep in a sunny area. For green onions, simply put the white base with the roots intact in a container of water and place in direct sunlight. Change the water out every few days and the green will continue to grow. Just snip what you need and allow it to grow as long as you like.

7. Peppers



You can grow a number of hot peppers from the seeds that are leftover. Just collect the seeds from your habaneros, jalapenos or any other peppers that you have on hand. Plant them in potting soil and keep in direct sunlight unless it is warm outside and then you can just plant them in your garden area. Peppers grow relatively fast and don't require a lot of care. Once you get a new crop, just save some of the seeds for replanting again.

8. Cilantro or Coriander



Cilantro can be grown from scraps as well. Just place the bottom of the stem in a glass of water and leave in a bright area, near a windowsill perhaps. When the roots grow a couple of inches long, you can transplant the it into a pot and you will notice new sprigs in just a few weeks.