



Did you know that you can **re-grow many vegetables without dirt**? All you need is water! Re-sprouting your vegetables:

- Is free and easy.
- Helps stretch your grocery budget.
- Makes organics more affordable. If you start with organic, you'll grow organic.

Re-grow these vegetables by placing the **root-side down** in a small amount of water:

- **Bok Choy:** Cut off the bottom first.
- **Celery:** Cut 2 inches from the bottom of the stalk and place in water.
- **Fennel:** Cut 1 inch away from the roots before placing in water.
- **Garlic Chives:** This is the green that grows out of a clove of garlic.
- **Green Onion or Scallions:** Place only the bottom (white part with the roots) in water.
- **Leeks:** Cut 2 inches from the bottom before placing in water.
- **Romaine Lettuce:** Cut off the bottom of the head of lettuce before placing in water.

General Guidelines:

- Check the water level every 3 days. Make sure no pieces fall off into the water.
- The size of the container should be relative to the food you're growing. Try using glass jars, old yogurt containers, or coffee cans.
- You can re-grow multiples of the same vegetable, just don't crowd them.
- Put your vegetables on a sunny window ledge. Avoid placing your vegetables near or on a heating or cooling unit.

**If you have questions about wellness, contact
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