

how to grow



vegetables

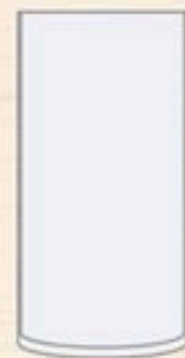
from
kitchen scraps

What you need:

CONTAINERS



bowl



glass

PLANTING MATERIALS



plant box



soil



pot

*or any recycled
cup/bottle*



Scallion, leeks, and green onion

Growing time: 1–2 weeks

Submerge the root ends into a glass with water. Place it beside a window or any warm spot. Wait until roots elongate.

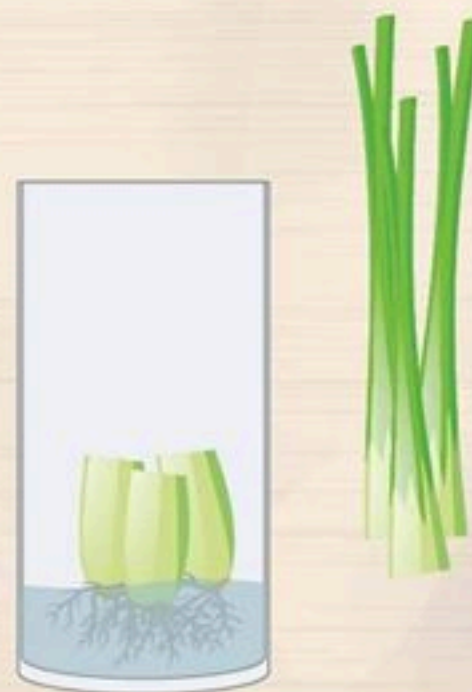


Change the water every 3 days.

About a week or two for the shoots to grow and be ready for harvest.



Cut only the upper part of the stem and make sure to leave the roots so it can regrow.





Cabbage and pechay

Growing time: 2–3 months

Place the leftover leaf of cabbage or base of pechay in water. Water should cover the **base only**. Replace water every 2–3 days.

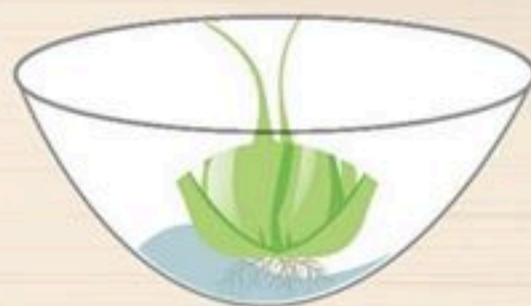
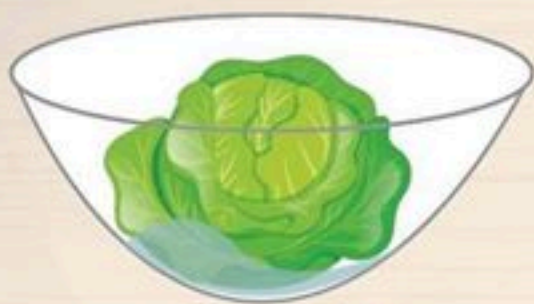


Leave it beside a window or warm spot and wait for **regrowth and roots** to form.

Mist the leaves regularly.



Transfer to a container of soil when new leaves appear in 4–5 days.



DOST-PCAARRD



Garlic

Growing time: 4 months

Break a head of garlic into cloves.



Dig the soil 2 inches deep and plant the unpeeled garlic 4–6 inches apart with its tip up.

Water it regularly to ensure bulb formation and conserve soil moisture.



The sprout will come out. When leaves begin to fold or dry, stop irrigation to avoid rotting. Dry sprout means ready for harvest.



DOST-PCAARRD



Onion

Growing time: 3 months

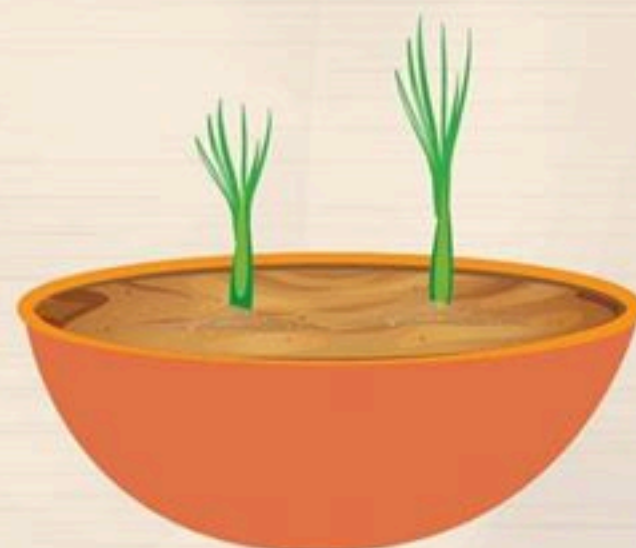
Soak the bottom of the onion in water until roots and shoots start to peek.



Plant the onion 4-6 inches apart on the soil, bottom down.



Remove the old onion bottom and let the roots grow.



DOST-PCAARRD



Ginger

Growing time: 9 months

Choose a healthy rhizome from a chunk of ginger. Cut it into pieces with at least 3–4 sprouts or eyes.

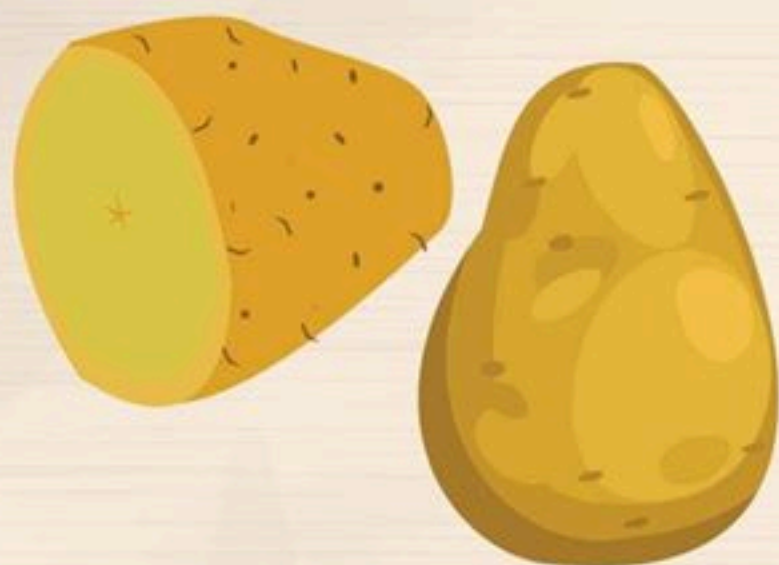


Cover the rhizome lightly with soil. Ginger requires light but frequent irrigation and light shade from the sun.



Shoots and roots will start to form. When leaves turn yellow or dry, it is ready for harvest.





Potato

Growing time: 3–4 months

Cut the portion of the potatoes with sprout or eyes. Dry the potatoes at room temperature (18–20°C) for 24 hours.



Plant it into the soil about 3–6 inches deep and 8 inches apart. Water it regularly on its first week and 7–15 days interval on the subsequent weeks.



Harvest the potatoes when 80% of the leaves become yellow.

