

Vegetables

Root Vegetables

1. Carrots (for greens):
 - Cut off the top, leaving about 1 inch of carrot
 - Place in a shallow dish with water or plant in soil
 - Harvest the edible greens that grow from the top
2. Potatoes:
 - Cut into pieces with at least one "eye" per piece
 - Allow the cut pieces to dry for a day or two
 - Plant in soil with the eye facing up, about 4 inches deep
3. Sweet potatoes:
 - Cut in half and suspend with toothpicks in a glass of water
 - Once sprouts appear (in about 2-3 weeks), remove and plant in soil
4. Ginger:
 - Choose a piece with a growth bud (small bumps on the surface)
 - Plant in soil with the bud facing up, about 1 inch deep
 - Keep soil moist but not waterlogged
5. Turmeric:
 - Use the same method as ginger
 - Plant rhizomes with visible buds in well-draining soil
6. Beets (for greens):
 - Cut off the top, leaving about 1 inch of beet
 - Place in water or soil to grow greens
 - Harvest the leaves as they grow
7. Turnips (for greens):
 - Use the same method as beets
 - Cut off the top and place in water or soil
8. Parsnips (for greens):
 - Follow the same method as beets and turnips
 - Place the cut top in water or soil to grow edible greens

Leafy Greens and Herbs

1. Lettuce:
 - Cut off the bottom, leaving about 1 inch
 - Place in a shallow dish with water or plant in soil
 - New leaves will grow from the center
2. Bok choy:
 - Cut off the bottom, leaving about 1-2 inches
 - Place in water or soil to regrow
 - Change water every few days if using the water method
3. Celery:

- Cut off the bottom 2-3 inches
 - Place in water or soil
 - New growth will appear from the center
4. Cabbage:
- Cut off the bottom, leaving about 2 inches
 - Place in water or soil to regrow
 - Change water regularly if using the water method
5. Romaine lettuce:
- Cut off the bottom 2-3 inches
 - Place in water or soil
 - New leaves will grow from the center
6. Spinach:
- Plant seeds directly into soil
 - Keep soil moist and in a sunny location
7. Basil:
- Cut a 4-inch stem below a leaf node
 - Remove lower leaves and place in water until roots form
 - Once roots are about 2 inches long, plant in soil
8. Parsley:
- Use the same method as basil
 - Cut a 4-inch stem and root in water before planting
9. Cilantro:
- Follow the same method as basil and parsley
 - Alternatively, plant seeds directly in soil
10. Dill:
- Use the same method as other herbs
 - Root cuttings in water or plant seeds directly in soil
11. Mint:
- Cut a 4-inch stem and remove lower leaves
 - Place in water until roots form, then plant in soil
 - Be cautious as mint spreads quickly
12. Rosemary (from cuttings):
- Cut a 4-inch stem, remove lower leaves
 - Place in water until roots form, then plant in soil
 - Ensure good drainage as rosemary prefers drier conditions
13. Thyme (from cuttings):
- Use the same method as rosemary
 - Choose soft, new growth for best results
14. Sage (from cuttings):
- Follow the same method as rosemary and thyme
 - Use stem cuttings from new growth
15. Oregano (from cuttings):
- Use the same method as other herb cuttings
 - Root in water or plant directly in well-draining soil

Alliums

1. Green onions (scallions):
 - Cut off the white root end, leaving about 1-2 inches
 - Place in water or soil, and new growth will appear in days
 - Change water every few days if using the water method
2. Garlic:
 - Plant individual cloves in soil, pointed end up
 - Leave the papery skin intact
 - Plant about 2 inches deep
3. Onions:
 - Cut off the root end, leaving about 1 inch
 - Plant in soil with the root end down
 - Keep soil moist but not waterlogged
4. Leeks:
 - Use the same method as green onions
 - Cut off the bottom with roots intact and plant in soil
5. Lemongrass:
 - Cut off the bottom 2-3 inches with roots intact
 - Plant in soil or place in water until roots strengthen
 - Transplant to soil once roots are established

Fruiting Vegetables

1. Tomatoes (from seeds):
 - Remove seeds from a ripe tomato and dry them
 - Plant seeds in soil, keep moist and warm
 - Transplant seedlings to larger pots or garden when they're a few inches tall
2. Bell peppers (from seeds):
 - Plant seeds directly from a ripe pepper into soil
 - Keep soil warm and moist until germination
3. Cucumbers (from seeds):
 - Plant seeds from a ripe cucumber directly into soil
 - Provide support for vines as they grow
4. Pumpkin (from seeds):
 - Clean, dry, and plant seeds in soil
 - Ensure plenty of space as pumpkin vines spread widely
5. Avocado (from pit):
 - Clean the pit and insert toothpicks to suspend in water
 - Once roots form and stem reaches 6 inches, plant in soil
 - Be patient, as avocados can take years to produce fruit

Other Vegetables

1. Mushrooms (from stems):
 - Bury mushroom stems in soil, keeping it moist and dark
 - This method works best for certain varieties like oyster mushrooms
2. Fennel:

- Cut off the base, leaving about 1 inch
- Place in water or soil to regrow
- Harvest new fronds as they grow

Fruits

1. Pineapple (from crown):
 - Cut off the leafy top, remove some bottom leaves
 - Let it dry for a day or two, then plant in well-draining soil
 - Water sparingly and provide plenty of sunlight
2. Watermelon (from seeds):
 - Clean and dry seeds from a ripe watermelon
 - Plant in warm soil after the last frost
 - Provide ample space for vines to spread
3. Strawberries (from seeds):
 - Remove seeds from the surface of a strawberry
 - Dry them and plant in seed-starting soil
 - Keep soil moist and provide plenty of light
4. Peaches (from pit):
 - Clean the pit and chill for a few weeks in the refrigerator
 - Plant in soil and keep moist
 - Be aware that trees grown from pits may not produce fruit identical to the parent
5. Lemon (from seeds):
 - Clean seeds and plant immediately in moist soil
 - Keep warm and moist until germination
 - Be patient, as lemon trees can take years to bear fruit

Sprouts and Microgreens

1. Bean sprouts:
 - Soak beans overnight, drain, and rinse twice daily
 - Keep in a jar covered with cheesecloth until sprouts form
 - Ready to eat in 3-5 days
2. Mung bean microgreens:
 - Soak seeds overnight, spread on a tray with soil
 - Cover with a thin layer of soil and keep moist
 - Harvest when leaves appear, usually in 7-10 days
3. Broccoli microgreens:
 - Spread seeds on a tray with soil, do not bury
 - Keep moist and in indirect light
 - Harvest when leaves appear, typically in 7-14 days
4. Radish microgreens:
 - Use the same method as broccoli microgreens
 - Radish microgreens grow quickly, often ready in 5-7 days
5. Kale microgreens:
 - Follow the same method as other microgreens

- Harvest when first true leaves appear, usually in 10-14 days
- 6. Chard microgreens:
 - Use the same method as other microgreens
 - Ready to harvest in about 10-14 days
- 7. Arugula microgreens:
 - Spread seeds on moist soil, do not bury
 - Keep in indirect light and moist
 - Ready to harvest in 7-10 days
- 8. Chia microgreens:
 - Spread seeds thinly on moist soil
 - Do not cover seeds, they need light to germinate
 - Ready to harvest in about 7-10 days
- 9. Buckwheat microgreens:
 - Soak seeds overnight, then spread on soil
 - Keep moist and in indirect light
 - Ready to harvest in 7-10 days

Non-Edible

1. Aloe (medicinal):
 - Remove a small offset (pup) from the main plant
 - Let it callous over for a day or two
 - Pot it in well-draining cactus or succulent soil
 - Water sparingly and provide bright, indirect light