



HALE AT HOME

Garden in Your Kitchen

Fresh food is so good for us, and it's amazing how much of it farms produce. Earth pays a big price to support food production, though: From consumption of trees, land, water, electricity, and fossil fuels to packaging, pesticides, and machinery, it's hard to even imagine how much the planet provides to feed us. The food on your average dinner plate has logged 2,000 miles of combined travel! How can you lessen the impact of simply eating? You can grow more vegetables—in your kitchen—from your vegetables. That's right—many vegetables regrow with just a little help.

Lettuce, Bok Choy, Cabbage, and Celery

- Save a few extra leaves (and stems, if possible) from the vegetable
- Place the stem end in a bowl with a little warm water
- Put the bowl in a spot with good sunlight
- Mist with water every few days
- After a week or two, look for roots and new leaves
- Transplant in soil and harvest once it regrows

Onion

- Cut off the root of the onion, with about half an inch of onion still attached
- Partially fill a small container with soil
- Create an indentation in the middle to cradle the onion and allow for good soil contact
- Place the onion in the indentation and cover lightly with about an inch of soil
- Water often enough to keep the soil from drying out
- After a few weeks, you'll see leaves—partially trim them so that bulbs develop
- Repeat the process, and harvest as green fully developed onions

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