

12 Best Veggies & Herbs to Regrow from Kitchen Scraps - A Piece Of Rainbow

Best vegetables & herbs to regrow from kitchen scraps in water or soil. Start a windowsill garden indoors, or grow foods using grocery lettuce, beets, etc!

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Best vegetables & herbs to regrow from kitchen scraps in water or soil. Start a windowsill garden indoors, or grow foods using grocery lettuce, beets, etc!

We love to regrow kitchen scraps, even just for the fun of it! It is easy and rewarding to propagate vegetable and herb trimmings for your garden, or to watch kitchen scraps grow with a sense of wonder.



This is our happy kitchen scrap garden! 😊

Many vegetables and herbs from the grocery store will regrow easily in water or in soil. You can regrow fresh greens on a window sill indoors, or get a jump start on your herb and vegetable garden by regrowing kitchen scraps.



**Some resources in article are affiliate links. Full disclosure [here](#).*

Part One here will focus on how to grow a vegetable garden from kitchen scraps or common groceries indoors and outdoors.

Part Two is here: [how to grow beautiful unique garden and house plants from mango or lemon seed, avocado pit, ginger, and lots](#)

[more!](#)



[How to grow 8 beautiful unique garden and house plants from mango or lemon seed, avocado pit, ginger, and lots more!](#)

There are so many amazing people sharing their great tips and ideas on regrowing kitchen scraps. Let's take a look at some of the

easiest veggies and herbs to regrow!

1. Regrow beets from scraps.



When you cut the top off a beet, put it in a shallow tray of water. Beet greens will start to grow, which you can use in salads. (Via [Kimberly Stoney](#).)



You can also plant the beet top in soil for a longer harvest. This trick applies to many veggies and herbs! (Image source: [SnapGuide](#))

2. Growing carrots from scraps.

Carrots are also root vegetables like beets. You can use the same methods. Carrot top greens taste a bit like parsley. They are very nutritious, high in potassium and vitamin K.



You can also grow them as a window sill garden for Easter fun! (Via [Instructables](#))

3. Sprout celery in water.



If your celery has a little bit of root at the bottom, you can sprout the leftover celery base in water. (Via [All recipes](#))

DAY 3



DAY 9



New stalks will start growing in just a few days. plant the sprouted celery in soil for a long harvest. (Via [Colorful Kitchen](#))

4. Regrow lettuce scraps in water



A head of romaine or butter lettuce can regrow from the base we trim off. (Via [Vancouver Sun](#))



Just give it some water and sun light, you will have more fresh greens for salads in a couple of weeks. See this video tutorial below for more details!

5. Regrow scallions aka green onions from kitchen scraps in water

Here's our tutorial on [how to regrow green onions in water or soil](#).
[It is SO easy!](#)

Soil vs Water Which is better?



[How to regrow green onions in water or soil](#)



Scallions are some of the easiest and most rewarding foods to regrow from kitchen scraps! We have grown big bunches of them in pots from just little roots that we cut off. (Via [Flicker](#))



Leave about 1" to 2" of stem above the roots, place them in water or soil. In a month you will have fresh green onions to trim off and enjoy! The green onion shoots will keep regrowing after cutting. (Via [Tasty Seasons](#))

6. Regrow onion tops



Bulb onions such as yellow and red onions are so easy to grow from scraps. Cut a 1" thick piece from the root end an onion , set it on top of moist soil or in shallow water with the cut surface above water. (Via [Grower Flow](#) & Youtube video below)

Like all the other kitchen scrap plants, the onion root will be more productive in soil, but it is also quite fun to watch it grow in water.



You will get lots of green onions, and eventually stalks of flowers that produce seeds. Video tutorial below-

7. Regrow garlic from a clove

We have grown very nice garlic from grocery stores for many years. Each clove of garlic can potentially turn into a whole head of

garlic.



You can also plant the cloves more closely in smaller pots to grow garlic greens, which are pretty looking and delicious.

If you try these DIY / decor / garden / craft projects, tag us on Instagram at [@apieceofrainbow](https://www.instagram.com/apieceofrainbow), we would love to see what you create!

8. Grow basil stems in water



When you buy fresh basil, pick off most leaves but let a couple of leaves remain at the top of each stem, and put the stems in a jar filled with water. Roots will start growing in just a few days.

Plant these rooted cuttings in soil, now you have new basil plants!
(Via [Kimberly Stoney](#))

9. Propagate rosemary stem cuttings



Rosemary cuttings are more challenging to root than basil cuttings. Luckily, lots of people have figured out tips and tricks to propagate rosemary stems. (Via [SG Strawberries](#))



Rosemary stems will take roots in water given a warm place and healthy cuttings. Try a deep container with shallow water . (Via [Oak Hill Homestead](#))



More tender green Rosemary stems are easier to propagate than old woody stems. These tutorials will give you some really good ideas to try! (Via [Tasty Landscape](#))

10. Grow grocery store potatoes

Similar to garlic, each potato can multiply into many potatoes. You can also grow potatoes from trimmings around the tiny sprouts growing from the eyes of potatoes



We have grown potatoes in large pots and it works really well. (Via [Stihl](#))

11. Grow sweet potatoes in water



Sweet potato is an attractive vine. You can sprout sweet potatoes in water easily. Here's great video tutorial-

The sprouts with roots are also called slips, each of which can become a new plant ready for the garden.



You can also just enjoy the leafy sweet potato as an indoor plant for a few months. (via [Steemit](#))

12. Jerusalem artichokes sunflower garden

Grows like a potato, looks like a sunflower, Jerusalem artichoke (aka sunchoke) is such a delicious and nutritious root vegetable.

One of our favorite in the vegetable garden, the plant can grow to 8ft tall.



Here's more information on how to grow grocery store Jerusalem artichokes. (Via [Guardian](#))

FAQ: Can you regrow any vegetables from scraps?



People often ask: **“Can you regrow everything from kitchen scraps?”** The answer is no. For example, **you cannot regrow cauliflower or broccoli from scraps** because they are basically flower heads which would not send out roots.



Most of the vegetables and herbs that regrow easily have some roots at the base, or they are healthy stem cuttings that tend to root easily. Like shown in this lovely example by [Simple Bites](#).



Some roots or stems such as cilantro or mushrooms do not regrow either, because cilantro stems do not propagate easily unless there are roots attached at the bottom. And mushrooms grow from spawns. If you are interested, here's a tutorial on [how to grow mushrooms in coffee grounds and cardboard!](#) 😊



[How to grow mushrooms in coffee grounds and cardboard!](#)

Stay tuned for part two in a couple of weeks! Happy growing!