



PLANTS EASILY GROWN IN THE NEW NORMAL

Courtesy of Shannen Faye Arevalo, Science Research Specialist I Article (DOST-FNRI
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DID YOU KNOW?

There are many plants that can be regrown from trimmings.

If you have a glass jar and access to fresh water, you can grow a supply of plants right on the windowsill!



A vibrant illustration of a woven basket filled with fresh produce. Inside the basket, there are several red tomatoes, a head of green lettuce, two bright orange carrots with green tops, and a single yellow bell pepper. The basket is set against a warm, orange-toned background with faint, stylized leaf patterns.

WHY THERE IS A NEED TO GROW YOUR OWN FOOD

- Saves you time and money
- Access to guaranteed fresh produce
- More Nutritious
- Gardening makes you active
- It is very easy and applicable

Easily regrown plant number 1

Lettuce

Lettuce is often used in salads. It is relatively low in fiber but it is also low in sodium and packed with nutrients.

- The best chance of success is to use lettuce with the bottom that is intact, so that roots can grow from it.
- Cut off the top of the lettuce but leave about 1-2 inches on the bottom
- Place the bottom in water inside a bottle.
- The water should go up to the middle of the trimming.
- Then, you can transfer this to the soil after about a week when roots have grow.



Easily regrown plant number 2

Bok Choy

This is delicious when added
to soups or noodles

- Just like lettuce, be sure to use the bottom intact where the roots can grow.
- Cut off the top, and leave about half an inch with the base or bottom.
- Put this in a shallow container and add a little water.
- After a few days, it will start to grow roots.
- It can be planted in soil after a few days.



Easily regrown plant number 3

Onion Chives

Onion chives are easy to grow and can give a flavorful punch to dishes.

- Cut off your chives with about 2-3 inches left with the bottom.
- Place in a jar with water, with only about 1/3 of it submerged in water.
- Change the water daily and place under sunlight for best results



Carrots leaves can be used as an alternative for pesto salad receipes! It is a rich source of beta carotene.

Easily regrown plant number 4

Carrots Leaves

- The same as bok choy, cut off about half an inch with the base.
- Put in a shallow container to keep the base submerged at only about $\frac{1}{4}$ inch.
- Change the water every 3-4 days.



Easily regrown plant number 6

Oregano

- Not only is it a medicinal plant to remedy cough and colds, but it can also be used to add flavor to dishes. Just gently remove a few leaves from the stem and then place the stem in a jar that is half full of water.



Easily regrown plant number 6

Stevia



- This prefers a bit of sun. You can grow it the same way as oregano. The leaves can be used to sweeten your tea or coffee naturally.

So, next time...

Do not be so quick in getting rid of these kitchen scraps because these can be additional food ingredients packed with nutrients that can save money spent for food!





Thank you



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