

Regrowing Beets

Re-growing beets from scraps is easy, and provides fresh greens that are ready to add to any fresh salad or sautéed in a stir fry! Keep in mind the beetroot bulbs will not grow back, but you will have access to plenty of green leaves.



Grow or buy a bunch of beetroot with the roots still attached

After slicing, leave 2-3 cms of the top part, where the stems would grow

Place cut side down into a shallow dish of water

Once you start to see the growth, plant directly into the soil, and pick leaves as needed

After a few days you will start to see regrowth in the form of new green leaves

Beet greens are packed with lots of vitamins and minerals, including folate, magnesium and zinc.

For more growing resources, head to:
www.foodfromhome.org/resources/