

Regrowing Spring Onion

FOOD
FROM
HOME

Spring onions are one of the easiest vegetables to grow from food scraps!



1. Cut the spring onion about 2cm above the roots.
2. Plant the roots in a small pot with soil, leaving the stem visible above the soil.
3. Place in a sunny spot. Water regularly and let grow.
4. Once regrown, trim off the new tops and use in your cooking. Tops will regrow 4 times.

If you don't have soil you can place the spring onion ends in a clean jar and cover the roots with water. Replace the water every two days. They will regrow in water 2 times.



For more information, head to www.foodfromhome.org