

Scripps Miramar Seed Library

“Grow & Share”



Newsletter

Third Quarter 25

REGROW VEGETABLE SCRAPS

2024 Global Waste Management Outlook report of UN, they stated “Uncontrolled waste knows no national borders. It is carried by waterways across and between countries, while emissions from the burning and open dumping of waste are deposited in terrestrial and aquatic ecosystems and in the atmosphere. Pollution from waste is associated with a range of adverse health and environmental effects, many of which will last for generations.”

in other words, the waste crisis affects all of us. It's also intrinsically tied with the triple planetary crises of biodiversity loss, climate change, and pollution. While tackling such a massive problem may feel overwhelming, reducing your personal footprint doesn't require perfection—just progress. The political and social movement toward “zero -waste” living is now decidedly with us, as seen in magazine articles, books, and political debate- not to mention the people quietly living it. These days, some people are so extremely efficient at the this, that they produce less than one bag of trash per year. Although, this is not necessarily realistic for most of us.

However, it is attainable for most of us to see where we can recycle, reuse, and regrow. Whether you're embracing more sustainable habits or purchasing more environmentally friendly products, every small change counts. Once you get started, living a LOW WASTE or no waste lifestyle can become almost like a game, but a game with tangible results.



No-waste consumers are always looking for ways to cut down on trash, save water, and green up their home and garden. So, when you are shopping, look for items in containers that can be recycled or reused. When possible, buy in bulk and buy produce that isn't wrapped at all. Keep yard waste out of the landfill by creating your own compost pile or check municipal compost



programs.

A little ingenuity will reveal lots of small ways to conserve and reuse water that will add up to big environmental savings. Install rain barrels at your downspouts and use them to water your container garden and raised beds.

We often think about gardening as being a “green” activity, but gardening can generate a lot of waste: new plants in plastic containers, commercial mulch, and fertilizers are all sources of waste. The first place to start with no-waste gardening is to reuse all the biomass (yard clippings) produced in your yard. Instead of buying new plants in the containers every year, learn how to grow your own seeds, participate in plant exchanges where everyone brings plants to swap with one another. If you pay attention when you cook with fruits and vegetables, you'll see you end up with a sizeable pile of produce that would normally end up in the compost heap. You can regrow a lot of those kitchen scraps rather than composting them.

No waste living means cooking what you need and eating what you cook, but it also means squeezing every bit of life out of your ingredient list.

Why regrow kitchen scraps?

Save money: Growing your own food, even from scraps, can help reduce grocery bills.

Keep fresh ingredients on hand: Enjoy a continuous supply of fresh herbs and vegetables, especially those that are easy to regrow, like green onions, lettuce, and some leafy greens.

Reduce kitchen waste If you are composting. It's not that difficult and it will reduce your garbage bill. It also gives you a great nutritious soil amendment and mulch for your outdoor garden.

Reducing Food Waste:

Many kitchen scraps, like the bottoms of green onions, celery butts, or carrot tops, still have the potential to regrow.

By regrowing these scraps, you can significantly reduce the amount of food that ends up in the trash.

Control your food source: Recent years have seen a rise in food-borne illnesses, such as E.Coli infections. This is usually traced to fertilizers spread over commercial food production fields and handling of produce during harvest. Such risks disappear entirely when you're growing your own edibles on your countertop or in the garden.

Save money on garden plants. Some kitchen leftovers you can root then can be planted out in the garden to grow into full-fledged, harvestable plants.

It is a rewarding and entertaining experience to take plant material that was destined for the compost heap, garbage disposal, or trash bin and turn it instead into a productive, growing plant on your countertop or in your garden.

All this gardening is great for children because it's simple and almost guaranteed to produce interesting results. They get the chance to learn about where their food comes from and how it grows.

No waste kitchen gardening: how it works and how to do it

Plants are incredible living things. The tiniest of seeds contains everything needed to grow tall oaks and long squash vines. You can cut pieces of some plants, stick the pieces in water and watch them grow roots.

Ways to regrow

Regrow Roots and underground Stems in Soil

To regrow kitchen scraps, you will need to get a handle on some basic plant science. You must be able to identify which part of the plant you're trying to regrow and where that plant part fits in the plant life cycle. There is one rule of thumb to regrow: any plant part you want to regrow must have some type of stem-growing tip in it on or on it. What is called the "growing tip" can take different

forms across different types of plants and different parts of plants. Roots have growing tips and so do stems. The main difference between the roots and stems is that tuberous stems will have eyes and buds in multiple places on the plant, while taproots and tuberous roots will have only buds or on the stem at the top on the root – a distinction you can clearly see if you compare a potato and a carrot. This distinction is most important to understanding when regrowing these types of foods. When you're getting these plants ready to regrow, always look for the "eyes" or the growing tip, and make sure that each piece you plant has one. Otherwise, you're just burying a piece of potato that won't sprout. Other plants you can grow are ginger, turmeric, sweet potatoes, carrots, beets, turnips, and radishes.

Here is one example:

Ginger root comes from a tropical plant that can grow outdoors during summer. We eat the rhizome, or underground stem, of the ginger plant. Any time we buy ginger, we can see there are multiple growing tips or eyes on it like a potato. If you want to

regrow it just cut into 1 inch pieces and let them dry for 1-2 days and then plant them in damp, not soggy soil with eyes facing up. In a 6-inch pot you can put 3 pieces of ginger. Place the pot in a sunny and bright place. After 3-4 months, you will see shoots and also ginger roots.

Regrow Stems and Modified Stems in Soil

When you cook with green onions and leeks, don't throw the ends out! You can regrow them. They're stems, and they're some of the easiest plants to regrow. Bulbs, including garlic, shallots, and bulbing onions, are modified stems. The growing tips is buried deeply in the center of the bulb, protected by modified leaves. Bunching onions and leeks are leaves and stems. These are great plants to regrow because they're so easy to tend and because you can get a good harvest from them. Plants to pick for this technique are garlic, bulbing onions, shallots, and leeks.



Garlic is another example. The pungent flavor of garlic comes from a chemical reaction that occurs when the plant cells rupture. Buy organic garlic or look for older cloves that have already started to sprout. You can save a few cloves from the entire head of garlic. For regrowing, separate the cloves of garlic into individual cloves. There is no need to peel them. Plant the cloves 1 to 1 1/2 inches deep and cover with soil. You can plant cloves 1/2 inches apart. Water the soil until it is about as damp as a wrung-out sponge. Place the pot in a bright, shiny location and keep the soil evenly moist.

Grow Seeds in Soil and Water

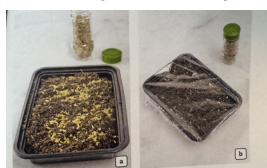
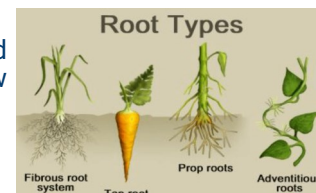
Growing seeds is the most natural of gardening but not with the regrowing of kitchen scraps. You can save the seeds from kitchen scraps, and it can be a fruitful harvest or an interesting curiosity. There's only one type of seed you'll grow primarily in water or grow in water to get started- the avocado seed.

What you get when you plant seeds saved from cooking depends on the plant that they came from. Not all the seeds that you save will produce a fruit identical to its parent. This is because many garden plants are hybrids of two parent varieties, and the seeds they produce may revert to the genetic heritage of one of those parents. However, it's good to experiment. Here are few examples – microgreens, pumpkins, citrus, tomatoes, peppers, and avocados.

Microgreens: Even more nutritious than sprouts, they are a healthy addition to salads, sandwiches and soups. Just grown beyond the sprout stage and placed in the soil, they will give one set of "true leaves or first leaves.

Here are the good seeds to grow as microgreens- coriander, mustard, fennel, lentils and sunflowers. Lentils and sunflowers are the least expensive seeds to purchase for growing microgreens. When you're making lentil soup, simply save a handful of the dried lentils for planting. Also, look in your spice rack find herb seeds.

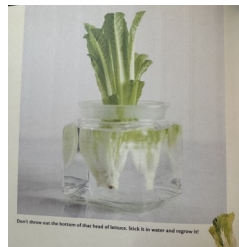
How to grow **microgreens**– fill the flat tray with the holes in the bottom with potting soil mix. Scatter seeds thickly on the surface on the soil. Barely cover the seeds with just a dusting of potting soil mix. Water the soil



just slightly more than damp. Cover the seed tray with a plastic dome or wrap and put in a warm place. Check the soil and make sure it is evenly moist. Remove the dome or wrap once the microgreens have started sprouting.

REGROW WHOLE PLANTS AND STEMS IN WATER

Want to extend the life of that head of romaine lettuce you brought for dinner? Regrow it! You can re-root some types of plants in water just like you re-root them in soil. Some plants root equally well both ways, while others prefer one of the two methods. One advantage to re-rooting in water is that it's easy to check the progress of the roots, either by simply pulling them out of the container for inspection or by using clear glass or plastic containers where the roots are visible. Once the plants grow roots, you can transplant them into soil or simply harvest what the plant produces. You can re-root leeks in water and get some more size on the plants for a second harvest. Lettuce, on the other hand, often results in a handful of new leaves, but it bolts fairly quickly and is then ready to discard. Plants to choose for this technique are lettuce, celery, green onions, and fennel.



How to grow Lettuce- Head lettuces are easy to regrow. Romaine, butter lettuce, green and red leaf lettuces are all excellent choices. These are no brainers for no waste gardening because they practically grow themselves. When you attempt to re-root head lettuce, they may or may not grow new roots, but in any case the heads will usually give you eight to ten leaves per plant, depending on the type, which are good for sandwiches or to bulk up salads.

How to regrow lettuce- Fill the bowl with about an inch of water, make a fresh cut at the top of the head lettuce, leaving about 3 inches of lettuce and do not cut off the growing tip. Place the lettuce in the water, making sure that no more than 1 inch of the bottom of the plant is covered. Set the cup or bowl in an area of bright, indirect light. The more light, the longer you'll get lettuce, the bigger the leaves will grow and the greener and more flavorful they'll be. Change the water every couple of days.



SEED LIBRARY PICK PLANT – AVOCADO Growing an avocado from seed is more of a fun experiment in growing your own house-plant than it is a way to guarantee an endless supply of avocados. Avocados do not grow in temperatures lower than 20 degrees Fahrenheit, and those are the more cold-hardy varieties. Plants require anywhere from 5 to 15 years to produce fruit. They also do best when they have a cross-pollinator, which means you'd need two avocado plants. Avocados mature on the tree but only begin to ripen once they are removed from it. Avocado peels and pits can be boiled to create a pink dye. Botanically, avocados are large, single-seeded berries. Avocados were first cultivated by the Aztecs in Central America as early as 500 BCE. The word "avocado" comes from the Aztec word "ahuacatl," which means "testicle," possibly due to the fruit's shape and how it hangs on the tree. Avocado trees need other avocado trees nearby for pollination, as they do not self-pollinate.



SEED LIBRARY PICK RECIPE –AVOCADO COCONUT TORRITA

What you need



- ½ avocado
- ¼ to ½ cup fresh mint leaves
- 2 tbsp MCT oil
- 1 cup full fat milk
- 4 ounce freshly squeezed lime juice
- ½ cup ice cubes
- Couple of drops of stevia

How to make

In a blender, combine the avocado with the mint, MCT Oil, coconut milk, and lime juice. Add ice cubes and stevia and blend until smooth. If you want, you can sprinkle a pinch of salt on top before serving. You can serve it with the dollop of whipped cream and a sprig of mint.

SEED LIBRARY BOOK SUGGESTION: NO WASTE KITCHEN GARDENING—

Regrow your leftover green, stalks, seeds, and more. This book gives you all the information you need to grow and re-propagate produce from your kitchen scraps.

Call number 635/ELZER

References:

ELZER-PETERS KATIE (2018) "NO-WASTE KITCHEN GARDENING". Published by QUARTO PUBLISHING GROUP-USA INC

Editor's note: This is the last issue of the Seed Library Newsletter from Scripps Miramar Ranch Seed Library. Ashu and I thank you for your support and interest in our publication. It has been a learning experience for us and hopefully, for you as well. Wishing all of you happy gardening and bountiful harvests!

This newsletter is composed by Ashu Agarwal and edited by Jeff Lash

For any questions, please contact (seedlibrary@srfol.org)



Scripps Miramar Ranch Library

10301 Scripps Lake Dr. San Diego 92131 (858-538-8158)

