

Here's how to re-grow your own vegetables from table scraps instead of throwing them out (or better yet, composting them).

## Growing Vegetables from Table Scraps



### Celery

Cut off the base of the celery and use three toothpicks to suspend it in a glass of water. Don't let the base touch the bottom. Keep it in direct sunlight; roots will start to grow in about a week. Once roots and shoots are visible, transplant the celery into soil.

### Avocados

Slightly crack the avocado seed. Use three toothpicks to suspend the seed, broad end down, in a glass of water. Put it in a warm place out of direct sunlight and add water as needed. About one inch of the seed should always be submerged in water. Roots and stem start to grow in about two to six weeks. Plant the seed when leaves start to grow.

### Pineapple

Cut off the top of the pineapple and insert a few toothpicks to hold it in place in a container filled with water. Place the container in direct sunlight and add water daily so that the base is always submerged. The pineapple is ready to be transplanted in about a week, when roots are clearly visible.

### Peppers and Tomatoes

Grow any kind of pepper from leftover seeds. Plant the seeds in potting soil and keep out of direct sunlight until the seedlings are older. Peppers grow fast and don't require any special care. You can also grow tomatoes from tomato seeds. Simply place leftover seeds in rich potting soil and water daily.

### Root Vegetables

Root vegetables such as carrots, turnips, radishes and beets are easy to grow. Place the top end in a container with water. New leaves start to grow in a few days. Allow the roots to grow a few inches before transplanting into soil.



### Having Fun?

Tag [@naturalsciences](#) on social media, so we can see you and your loved ones enjoying our Science at Home experiments.

### Basil

To grow basil, simply place a three- to four-inch-long stem with leaves in a glass of water. Leaves need to be placed well above the water line. Place the cutting in a bright area out of direct sunlight. Roots will grow in a few days. Transplant the stem when roots are a couple of inches long.