

No-Waste Kitchen Gardening

Regrow Leftover Greens, Stalks, Seeds, and More!

No-Waste Kitchen Gardening is fun, easy and there are lots of delicious things you can grow including:

Potatoes 

Lettuce

Celery



Cabbage 

Green Onions 

Tomatoes



Melons

Avocados 



Carrots

Garlic

Ginger 

From carrot stumps, lettuce and cabbage stalks, to apple cores you can **grow fresh produce from food waste!**

Cut the potatoes in half and suspend them over water in a sun filled window sill. The same with



ginger root. Soon you will see roots begin to form.

When the roots are four inches long, plant into a pot of soil or out in the garden.



Lettuce and celery regrow easily from their bases, the part where the roots were cut off. Just place the root end into water, again in a sunny area.

After about a week, you will see some roots and new leaves will begin to push up out of the crown

of the celery. Let the roots grow a bit and then plant the new lettuce or celery.

Cabbage regrows easily in water as do green onions and garlic. Just stick the root end into water and wait for roots to grow.



It's surprisingly easy to grow your own avocado tree from a seed!

Use three toothpicks to suspend it broad end down over a water-filled glass to cover about an inch of the seed. Put the glass in a warm place out of direct sunlight and replenish water as needed. You should see the roots and stem start to sprout in about two to six weeks.

When the roots are approximate 4 inches long plant the seed with the roots down in the pot with soil leaving the top half of the seed exposed. Place in a pot with soil leaving the top half of the seed exposed. Place on a sunny windowsill. Avocados love sun — the more sun the better!



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FRESH HERBS
EASILY GROWN
AT HOME



GROW YOUR OWN HERB GARDEN

It's easy to get started with a simple can herb garden, fresh herbs are a cute addition to your kitchen windowsill or balcony ledge.



1

Repurpose your DOLE® Pineapple cans from your kitchen. Clean them so they're ready to be filled.

2

Choose your favorite herb seedlings and select which size can you want to put them in.

3

To avoid having to cut a hole at the bottom of the cans for water drainage, instead place a small layer of pebbles at the bottom of each can.

4

Place seedlings in each can and add garden soil as needed. Situate them along your windowsill. Water sparingly. Let them grow, grow, grow!

