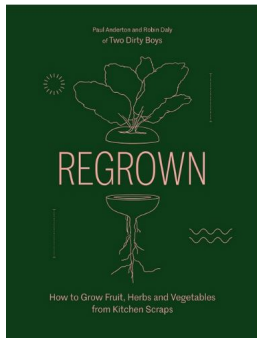


Regrown - A Garden from Kitchen Scraps



"Regrown" by Paul Anderton and Robin Daly is a beginner's guide to cultivating fruit, herbs, and vegetables from kitchen scraps. This practical manual focuses on repurposing supermarket produce to regenerate and propagate new plants, offering a sustainable approach to home gardening.

Rating: Not Rated Yet

Price:

Variant price modifier:

Base price with tax: \$5.95

\$5.95

GST Inc\$0.54

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Description

Transform Your Kitchen Scraps into a Thriving Garden

"Regrown" is an easy-to-follow guide that empowers you to grow a variety of fruits, herbs, and vegetables from everyday kitchen scraps. Authored by Paul Anderton and Robin Daly, this book introduces the concept of plant regeneration, demonstrating how common produce items can be repurposed to yield new, edible plants.

The guide features step-by-step illustrations for cultivating twenty different vegetables, ranging from quick-sprouting fruits and herbs to those that flourish over time. Projects include regrowing carrot tops, mushroom stalks, ginger, avocado, and even pineapple. Each section provides clear instructions, along with tips on utilising the regrown produce in your kitchen.

Whether you're a seasoned gardener or a beginner, "Regrown" offers a sustainable and rewarding way to enhance your home gardening experience by making the most of your kitchen waste. All you need is a jar, some water, and a bit of patience to start your journey toward a greener, more self-sufficient lifestyle.