

# SIMPLE HYDROPONICS AT HOME

Here's something that came our way that is so simple and very exciting for the cost savings and just empowerment of being able to grow your own food from what might normally be thrown out.

Thank you to Penny Gummo for posting this on Facebook:

You can re-grow your lettuce, green onions and celery this simply!

I bet a lot of you throw out the stump at the end of the lettuce when you are done. Until recently, so did



!! Then I came across this really interesting post online about re-growing from the remaining hunk.

It is simple:

Save the end from your lettuce and put it into a little water (about a half inch). Change out the water every day. The lettuce will grow back incredibly quickly.

The one on the left I cut today. The middle one yesterday and the one on the right, the day before. You can see how much it grows in just two days!!

But don't feel limited to Romaine. This technique can also be used with green onions and celery

Editor's Note: I have tested this with Romaine and it works! Don't be fooled by the larger

Romaine in the back. It's not what she is referring to, just look at the photos of the Romaine sprouting. It should be kept by a window and the leaves grow back smaller according to some sites, but just pluck them as you need them!

Please let us know how it goes and take photos: [wildwatch@verizon.net](mailto:wildwatch@verizon.net)