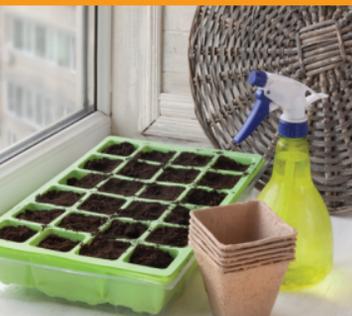


# Grow Your Own Food



You may not have space outside to grow a garden, but even a sunny window can be enough space to start growing your own food. With a small pot, you can grow fresh herbs to season your cooking. Seeds for many herbs cost only \$1-2 and grow into far more than you could buy at the store for the same price.

## Herbs: planting from seed

In a pot of moist soil, try planting basil, parsley, or cilantro from seed. Keep the surface of the soil moist until the seeds have sprouted, then water regularly (1-2 times a week) as they grow. These herbs are fast growing, and the leaves can be pinched off a few at a time to allow the plant to keep growing (don't pick them all at once!). They are annuals, which means the plants will die after flowering. To keep them producing longer, pinch flower buds off before they bloom.





## Perennial herbs

You can also buy potted perennial herbs from garden centers or farmer's markets. These herbs can live for a very long time, and continue to produce year-round if kept in a sunny, warm spot. Rosemary, Sage, Chives, Oregano, Marjoram, and even Bay Leaves can brighten your kitchen and add fresh flavor to your cooking!



## Cuttings

Some herbs and greens can be grown from cuttings or scraps: Place a sprig of basil, cilantro, or rosemary in a glass with a couple inches of water. Change water every few days until roots start to grow at the bottom of the stem. Once roots are 1 inch long, plant in soil.



Take the base and core of a head of lettuce or celery and place in a bowl with just enough water to touch the bottom. Add water to keep the bottom covered, and watch as new leaves and stalks begin to grow from the core!