

Saving Your Seeds & More Food Scrap Tips



Want to learn a little bit more about some of your favorite vegetables? Maybe make your grocery and farmer's market purchases stretch a little bit farther in your kitchen? Below are some ideas for getting more flavor and more fun out of some kitchen scraps!

Get the most life out of fresh herbs

-Store fresh herbs as if they were a bouquet of flowers!

1.) Place in a jar or vase with enough water so that the stems are submerged, but the leaves of the plant are high and dry above the water.

2.) Place the vase or jar in a sunny spot in your kitchen.



Regrow scallions & green onions

-This tip helps get a little more bang for your buck with scallions or green onions, since they grow back so quickly!

1.) Make sure the scallions or green onions you have on hand are still attached to their root end.

2.) Place them root-end down in a glass or water or small vase and place in a well-lit spot of your kitchen.

3.) Wait a few days, and the green part of the plant will grow and give you a second (or maybe third!) round of delicious, onion-y clippings.

Saving Vegetable Seeds

-This is a fun way to better understand how your favorite vegetables and fruits grow - especially if you want to try planting seeds next year! This idea works best for plants that are not hybrids - so you'll probably have the best luck with heirloom varieties you grow or find at a farmer's market

1.) This example is for tomatoes - but follow the links below for more details about saving other types of seeds!

2.) To save tomato seeds, you need to clean them and let them dry before storing them in a jar or envelope. Take the tomato whose seeds you want to save and scoop the jelly insides into a bowl or cup.

3.) Since the seeds are suspended in the jelly tomato insides, you want to rinse them as best you can and lay them to dry on a baking sheet. (You can fill the cup with water to swirl the seeds in and then strain everything through a coffee filter).

4.) Another way is to use fermentation to help clean the seeds: find the details [here!](#)



Here are some more [details](#) about different kinds of seed saving!

