

Vegetables You Can Regrow Indoors With Just Water & Sunlight

Carrots

Materials:

- The top 1 to 2cms of a carrot
- A mug or bowl that will allow the lettuce to lean without falling over. The mug or bowl must also be able to will hold enough water to cover the bottom half of the lettuce, and will allow sunlight to reach the lettuce.
- Water

Steps:

- Chop off the tops of the carrots, leaving about 1 to 2cms of the top.
- Place in a shallow container, add water, and put in a sunny spot.
- Put the container in a sunny window.

After a week, you should see some strong carrot greens. You can simply harvest and use these greens as they grow, or you can allow the roots to continue growing until the plants are ready to be transplanted back into the ground. All members of the **turnip family** (beets, turnips, parsnips) can regrow their greens this way, not just carrots.

