

Vegetables You Can Regrow Indoors With Just Water & Sunlight

Cos Lettuce

Materials:

- 6 to 7cms of the base of a Cos lettuce
- A shallow container
- Water

Steps:

- Place the lettuce, bottom side down, into the container.
- Fill with water until the bottom half of the lettuce is submerged.
- Put the container in a sunny window.

You should see growth by the next day, and you may even have enough to make a salad with-in one week. Also, **bok choy** can be regrown in a similar fashion.

