

Vegetables You Can Regrow Indoors With Just Water & Sunlight

Fennel

Materials:

- A bulb of fennel.
- A mug or bowl that will hold the bulb of fennel. The mug or bowl must also be able to will hold enough water to cover the bottom half of the bulb of fennel, and will allow sunlight to reach the fennel.
- Water

Steps:

- Chop off the top parts of the bulb of fennel, using it however you'd like.
- Put the blub in a bowl so the fennel can lean without falling over.
- Make sure the container you choose is clear, allowing sunlight to hit the bulb of fennel.
- Fill the glass with a bit of water, and place the container in a sunny spot.

After one week in a sunny spot, green shoots will sprout from the top. As it grows you can cut a few snips of fronds (the green leafy bits) from the bulb to add to salads, dressings, and stocks. It is a strong taste, you don't need much.

