

Vegetables You Can Regrow Indoors With Just Water & Sunlight

Spring Onions

Materials:

- 4 to 5cms of the root base of some spring onions.
- A mug or bowl that will allow the spring onions to lean without falling over. The mug or bowl must also be able to hold enough water to cover the bottom half of the spring onions, and will allow sunlight to reach the spring onions.
- Water

Steps:

- Chop off the green part of the spring onions, using it however you'd like, but leave about an inch of the white bottom intact.
- Put the stubs in a narrow drinking glass so the spring onions can lean without falling over.
- Make sure the container you choose is clear, allowing sunlight to hit the spring onions roots. Fill the glass with a bit of water, and place the container in a sunny spot.

You should see some growth after a couple of days. The same bunch of spring onions can potentially be regrown and reused for years.

