

Plants that you can grow from produce in your kitchen

Green Beans

Peppers

Tomatoes

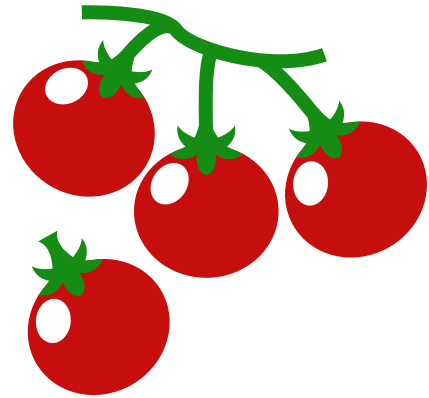
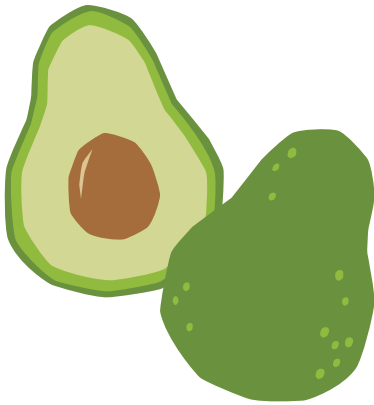
Squash

Pumpkins

Avocado

Chilis

Lemons



Helpful Hint:
Use Neem Oil to help
keep the bugs away



Clean off the seeds from your produce and set out on a plate overnight. The next day, moisten a paper towel and wrap your seeds in it, set near sunlight and check daily. If the towel dries out, add more water. In 3 - 5 days you should start to see sprouts.