

Grow-cery Regrow Your Own

FOR LAZIES: WORK SMARTER NOT HARDER!

(Plus, parents, it's fun to do with kids!)

BEAN SPROUT



"I WENT THE WHOLE LOCKDOWN SPROUTING THESE AS MY ONLY VEGGIES" - C.M., MED STUDENT

SCALLION



"THEY GREW LIKE CRAZY IN MY DORM AND I DIDN'T EVEN TRY"
- A.J., COLLEGE STUDENT

SWEET POTATO



"I JUST TOSS THEM IN THE YARD. FREE, FRESH, AND SAVES ME FROM THE STORE"
- H.Q., BUSY PARENT

3 easy ways to regrow grocery vegetables to ...

Save money & live healthier

(and reclaim autonomy - they don't know we know this!)

Bean Sprouts

Bean sprouts are commonly eaten in East and Southeast Asia.¹ They are high in protein, fiber, vitamin C, calcium, and iron and like many other vegetables, contain beneficial antioxidants.²

How to Regrow

HARVEST IN: 1 WEEK

YOU NEED:

- Clean filtered water
- Whole lentils or mung beans
- Stackable, waterproof, food-safe containers (e.g. takeout boxes or glass trays)



DIRECTIONS:

1. Put a thin layer of rinsed, clean beans in a container. Slightly cover beans with water.



2. Stack another container on top of the first container and the beans.

3. Add layers (repeat steps 1 & 2) as desired. The weight atop the beans will thicken the sprouts.



4. Leave the beans somewhere they will not be disturbed. Access to light not necessary.



5. Check daily to add water when dry and throw out rotten beans. If beans are not too crowded or wet, most will be fine.

6. When beans have sprouted to your liking, rinse to remove bean shells (optional) and enjoy!



Bean Sprout Stir-Fry



WHAT YOU NEED:

Bean sprouts, Vegetable oil, Salt, Black pepper, Vegetables of preference, Protein source (nuts/meat)

DIRECTIONS:

Add 2-3 tbsp of oil to a skillet. Heat on medium-high for about 1 minute until oil is hot. Add meat or nuts to skillet. Season with a pinch of salt and pepper. For meat: saute for 3 minutes. For nuts: saute for 1 minute. Add in bean sprouts along with any other vegetables. Season again to taste. Saute until the meat has been cooked thoroughly and vegetables are at your desired level of crunchiness. Enjoy!



Scallions

Scallions are native to Asia.³ They are high in fiber, vitamin C, vitamin K, folate, and antioxidants, which reduce inflammation in the body.⁴ Scallions also contain allicin, which is thought to have beneficial properties for the immune system.⁵



How to Regrow:

HARVEST CYCLE:

1 week

WHAT YOU NEED:

- Small (indoor or outdoor) space with direct sunlight
- Medium-sized pot of dirt (ideally potting soil to prevent outdoor contaminants)
- Scallions

USES:

Garnish or season stir fries, meat, noodle soup, eggs, pizza, tacos, dips, fried rice, crepes, and soups...there are so many options!

DIRECTIONS:

1. Chop off the white bases (with roots) of the scallions.
TIP: Make sure at least ½ inch of the white base is connected to the roots.
2. Plant onion bases into the pot of soil, each base at least 1 inch apart from each other. At least a small portion of the white base should be above ground. Roots should be completely buried.
3. Water the pot thoroughly and place in a location where it can receive a few hours of direct sunlight daily. The more sunlight the plant gets, the faster they will grow.
4. Check on onions every 2-3 days, watering whenever the soil starts to dry out.
5. Once the green stalks of the onions have regrown, snip them off as needed for eating.

Featured Recipe: Scallion Pancakes

WHAT YOU NEED:

- 1 cup flour
- ¾ cup water
- ¼ tsp salt
- 3-5 green stalks of regrown scallions (rinsed)
- Vegetable oil
- Skillet
- Medium-sized bowl
- Spatula
- Ladle (optional)

DIRECTIONS:

In a bowl, mix flour and water to create a batter. This should be the consistency of a standard pancake batter. Add ¼ tsp salt. Cut scallion stalks finely and add to batter. Stir batter to ensure salt and onions are evenly distributed. Heat 1-3 tablespoons of oil in a skillet at medium-high heat for about 1 minute. Make sure the oil coats the skillet completely. Ladle enough batter onto the pan to form a thin layer on the bottom of the skillet. Flip when the pancake begins to bubble. When it bubbles again, remove the pancake from skillet. Repeat! Add oil onto the bottom of the skillet as needed.

Click on the QR code below to watch how to make this recipe!

Follow us on TikTok for more recipes!

@preventionisthecure



Sweet Potatoes

Sweet potatoes were first domesticated in South and Central America.⁶ In addition to the actual potato (called a tuber), you can also grow the sweet potato leaves! Regrowing the leaves is a cheap alternative to buying them. Tubers are a good source of vitamins A, B, and C. Their leaves are high in vitamin K.⁷



How to Regrow:

HARVEST CYCLE:

For leaves: up to 1 harvest/week

For potatoes: 1-2 harvests over 2-3 months
(during the summer)

WHAT YOU NEED:

- A small outdoor growing space with clean dirt and direct sunlight (ie. a garden bed)
- Sweet potatoes

USES:

Use leaves in vegetable soups, curries, or dips. Potatoes can be oven-baked as wedges, fries, nachos, chips, or “baked” whole in the microwave.

Sauteed Sweet Potato Leaves

WHAT YOU NEED:

Lots of sweet potato leaves, vegetable oil, salt, garlic, wok/skillet, spatula

DIRECTIONS:

Add 2-3 tablespoons of oil to pan and heat on medium-high for about 1 minute. Season oil with the garlic and a pinch of salt. Saute for 30 seconds. Add in leaves and saute until they begin to shrink. Season to taste. Continue to saute until all the leaves have softened and shrunk. Serve and enjoy!

1. Cut sweet potatoes into 2-4 pieces each - each piece will grow into a potato! Make sure there are at least two eyes per piece (the eyes are slight indents in the skin where dry nubs stick out of the potato).
TIP: Sprouted potatoes are easier to grow. If using a sprouted potato, make sure each piece has at least 1 sprout.
2. Leave the potato pieces to “scab over” for at least 1 hour.
3. Bury the potatoes shallowly in clean soil. Make sure this is a location that receives at least a few hours of direct sunlight daily.
4. Water the garden every 2-3 days to keep the soil moist. Advanced-stage potatoes do not need watering as often to stay alive, but consistent moisture will help them grow faster.
5. Eventually, the potatoes will grow long leafy vines. Snip off the leaves to eat! Do not cut off more than $\frac{1}{3}$ of the leaves at a time to preserve the plant. Wait until the leaves have grown back before harvesting again.
6. When the temperature begins to drop lower than 60°F, dig up the area where the potatoes are buried. If you had a good growing season, there there will be potatoes in the soil that are ready to harvest. This can be done at the middle or end of the summer.

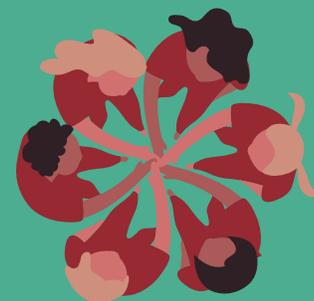
For more information

on how to regrow vegetables and other steps you can take to promote healthy and sustainable living for yourself and those you care about, visit nyscheck.org and follow us on Instagram, @nyscheck



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Photos

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Re-grow our Control



of global warming comes from unsustainable food production.⁹

Global warming will make our world very difficult to live in. Starting sustainable food gardens by regrowing grocery scraps is a small way we can help combat global warming.

This packet raises awareness of how our current politics:

- concentrates power with big corporations,
- separates us from our ancestral food sources
- drives global warming
- hurts our public health
- disenfranchises our communities
- diminishes our jobs and small businesses



The first step to fixing this is for each of us to take back some of our power. By growing our own food locally, we can reclaim control over how we fuel our bodies, rather than letting distant corporations decide via what they choose to stock and at what cost to each of us.

If you would like to find support and learn more about how you can make an even larger impact against global warming and social injustice to build a healthier, fairer world together, visit nyscheck.org.

Follow @preventionisthecure on TikTok to learn more easy ways to re-grow our control.

