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Don't Throw It, Grow It!: 68 Windowsill Plants From Kitchen Scraps



Synopsis

Don't throw out your kitchen scraps • grow them! Discover how you can transform leftover pomegranate seeds, mango pits, and dried bits of gingerroot into thriving plants. From the common carrot to the exotic cherimoya, you'll be amazed at the gardening possibilities hidden in the foods you eat.

Book Information

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Customer Reviews

"Deborah Peterson stops at nothing to grab some strange piece of produce, seed or pit to start a plant. Lots of fun here with figs, feijoa, fruiting citrus and more for the whole family. Orange County Register "I found Don't Throw It, Grow It! to be an absolutely delightful little book. I can't wait to start using as many of the suggestions as I possibly can. There were even ethnic fruits and vegetables I had never heard of - genip, anyone? Children will enjoy the magic of watching a new plant grow. This will help you brighten your living space while recycling at the same time. This is one of my favorite new books, and I just can't highly recommend it enough. About.com "This clever little book from Storey -- priced right at 11 bucks in paperback -- offers up suggestions for sprouting not just avocados, but also carrot tops, garbanzo beans, peanuts, jicama, lemongrass, ginger, and just about any other kind of grocery store produce. There's something so thrifty and retro about sprouting food from kitchen scraps that makes it seem just right for the times. Garden Rant "Here's another way to be creative with plants: Read Don't Throw It, Grow It! Peterson and Selsam

go way beyond the avocados and potatoes we used to root in water glasses. Besides fruits and vegetables, they include nuts, herbs, spices, and more international foods like chayote and litchi. [Philadelphia Inquirer](#) — “Deborah Peterson — stops at nothing to grab some strange piece of produce, seed or pit to start a plant. Lots of fun here with figs, feijoa, fruiting citrus and more for the whole family. [Orange County Register](#) — “I found Don’t Throw It, Grow It! to be an absolutely delightful little book. I can’t wait to start using as many of the suggestions as I possibly can. There were even ethnic fruits and vegetables I had never heard of — genip, anyone? Children will enjoy the magic of watching a new plant grow. This will help you brighten your living space while recycling at the same time. This is one of my favorite new books, and I just can’t highly recommend it enough. [About.com](#) — “This clever little book from Storey — priced right at 11 bucks in paperback — offers up suggestions for sprouting not just avocados, but also carrot tops, garbanzo beans, peanuts, jicama, lemongrass, ginger, and just about any other kind of grocery store produce. There’s something so thrifty and retro about sprouting food from kitchen scraps that makes it seem just right for the times. [Garden Rant](#) — “Here’s another way to be creative with plants: Read Don’t Throw It, Grow It! Peterson and Selsam go way beyond the avocados and potatoes we used to root in water glasses. Besides fruits and vegetables, they include nuts, herbs, spices, and more international foods like chayote and litchi. [Philadelphia Inquirer](#) —

Eat Your Vegetables (and plant them too!) — You can also have houseplant fun with fruits, nuts, herbs, and spices. From the common carrot to the exotic cherimoya, dozens of foods have pits, seeds, and roots waiting to be rescued from the compost bin and brought back to life on your windowsill. Planted and nurtured, the shiny pomegranate seeds left over from breakfast and the piece of neglected gingerroot in your refrigerator will grow into healthy, vigorous houseplants — a kitchen experiments in the wonder of botany.

There are a few good ideas in this book but a lot of it is just obvious. The cover is also a little misleading. It says “68 windowsill plants from kitchen scraps”. I thought it was going to be about things like sprouting new onions from the roots you cut off, but most of it is stuff more like buy a carrot, stick it in water, and it will sprout roots and leaves. Well, dough. There’s really not much about using “scraps”. I guess it’s a great book for folks who have always lived in a big city and don’t know much about plants or growing food. I mean who knew if you plant seeds and water them that plants will sprout from them? Really? There a few tidbits I got from the book, like how to start a

pineapple plant, but most of it was really obvious. However, all that said, I would recommend it for kids to teach them about nature and where food comes from.

Despite not being quite what I was looking for, I did find the information in this book helpful. It does give you ideas on how to plant various food items from seed or from stems (e.g. onions, garlic) which is what I was looking for, but most of the information is for growing plants that look good and can be easily grown. I would recommend the book to a beginning gardener who is looking for beginning suggestions on plants.

The book looks cute and is surprisingly small, but unless you have a house made of windows I don't find it practical. A few of the plants are easy and a couple can be grown in a normal indoor situation--- but most require a nice patio, terrace, balcony, or lots of huge window. Some of the items are trees that don't do well in cool climates! So I don't know how those would do inside after a while...there's lots of super interesting exotic vegetables too (some that I didn't know of!) so good luck finding them non-import from stores. The book does mention how anything imported is irradiated and thus sterile.

I got this book for my husband for Valentine's day after we had great success with grocery store green onions, and the loss of almost everything else we tried to grow. I love the concept of this book because it is less commitment to use grocery store scraps than seeds or baby plants. It is also exceedingly helpful to know what will survive our Iowa winter north-facing windows. Indirect sunlight at best. I am hoping for a high success rate with our new batch of little plants! My husband has already started a ginger, pineapple, mango, garlic and potato and is hinting at wanting a pomegranate plant in the near future. We are having so much fun and learning lots!

I grew up in a house where my great-grandma had a slew of plants growing from bit of this and that. Sadly she died prior to me being able to get her secrets about kitchen scrap plants but this book fills in the gaps. I've given it a 4 because while the info is spot on the photos are ugly and no one has offered me a warm bowl of gumbo while I'm reading, like gran did.

This book is awesome and has saved me so much money in buying produce that I can just reuse! It's fun being able to take kitchen scraps and continue using them and watching them grow. Some of my favorites have been Meyer lemon seeds, green onions, and ginger. I reference this book

frequently before I throw away any kitchen scraps after cooking!

Such a fun book! A lot of people have stated that the title is misleading but this isn't a book to start a garden, it's a book to create "windowsill plans" from kitchen scraps and that's exactly what they do. This book is clear, cute, and concise. My window is full of avocados, sweet potatoes, and ginger now.

If you generally enjoy growing things and/or have little ones that enjoy plant growing projects, this book is great. It provides a lot of simple processes for growing a number of things that are generally tossed in the trash. Fun book!

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