

IN THE VEGETABLE PATCH AND ON THE WINDOW SILL ... VEGETABLES, HERBS, BERRIES ...



„Naschbärbeet“

We now have the „Naschbärbeet“! We have built raised beds and planted them with berries and herbs that our chefs use for cooking.

You don't have a garden? No problem, you can still watch your food grow. Leftover vegetables can grow again. This is called regrowing*. All you need is water and a little patience.

Leeks, spring onions, lettuce, white cabbage and celery are particularly suitable. You can even regrow herbs like rosemary, basil and mint. With fennel and carrots, only the cabbage grows back, but they are good for seasoning soups.

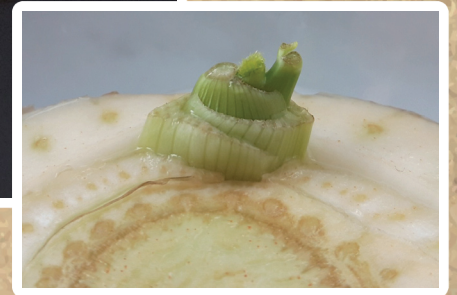
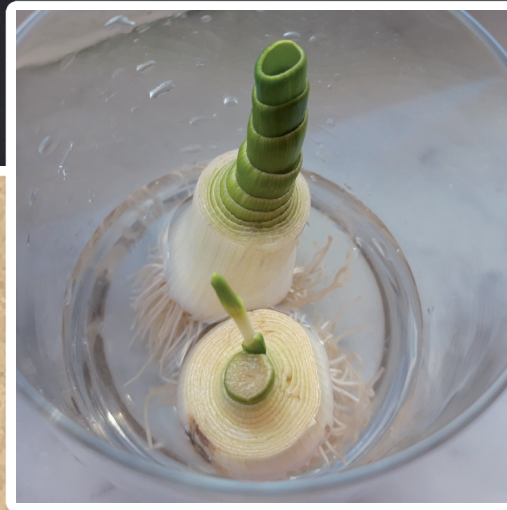
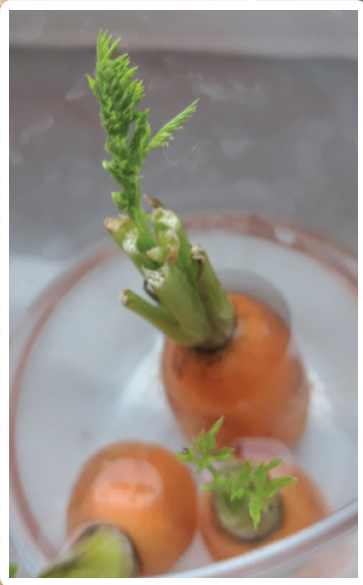
Regrowing

* Biologists call the principle behind this vegetative reproduction



Here's how

Do not throw away the vegetable stalk or root remnant, but put it into water for a few days. Change the water every other day.



As soon as something grows back, you can put the little plant into soil, but you don't have to. The soil should be permeable to water and not too rich in nutrients. And then you need a little patience. Supermarkets are quicker, but this is nicer and for free.

Fertilised with
bear dung :-)

