Regrowing spring onions

Save the rooted base and grow a few fresh green leaves on a bright windowsill.

What you need

• Spring onion bases with healthy roots and 3 to 5cm of white stem

• Clean shallow jar, water and scissors

• A small pot with drainage holes and peat-free compost for longer growth

Step by step

1. Keep the white bases and roots from fresh spring onions. Do not use slimy or mouldy scraps.

2. Stand the bases upright in a jar with just enough water to cover the roots. Keep most of the stem above water.

3. Place on a bright windowsill and change the water daily. Rinse the jar regularly.

4. Once new leaves and roots appear, plant in compost with the tops above the surface. Water lightly and allow excess water to drain.

5. Snip a few green leaves, leaving the base and some leaf growth intact.

Make this project work for you

How long it takes

New shoots often appear within 3 to 7 days. A small cutting of leaves may be ready after 2 to 3 weeks.

What you can realistically expect

Expect modest amounts of green tops, not a never-ending supply of full spring onions. Compost provides nutrients that water alone cannot.

Safety and hygiene

Discard any base that smells unpleasant or develops mould. Wash harvested leaves before eating.

A different way to do it

Keep the jar on a tray at a comfortable height. Someone can help cut and pot the bases while you choose the spot and watch the growth.

Gardening is for everyone

You don’t need a big garden, expensive equipment or years of experience. Whether you can spend hours gardening or just a few minutes a week, there’s something you can grow. Whether you do everything yourself or have someone help you, you’re a gardener. You’re welcome here.

General UK guidance. Results vary with light, temperature, variety and care. Start small and ask for help whenever it suits you.

Questions? Growsmartuk@gmail.com