



## Victory Re-Grow Garden

### About Victory Gardens:

Victory Gardens gained popularity during World War I and again during World War II as a way to encourage the American people to plant, grow, and share fruits and vegetables from their own gardens instead of purchasing them. By growing their own food, more fresh foods could be used in support of the military. During World War II, more than 20 million Americans planted gardens in their backyards, empty lots, and even city rooftops. Food rationing meant that some foods were harder to get and what you could buy, you could only buy in small amounts.

Victory Gardens and the food they provided were not restricted by rationing. The fresh fruits and vegetables that grew in victory gardens could be eaten immediately, or preserved (canned, dried, or pickled) for eating later.

### Sources:

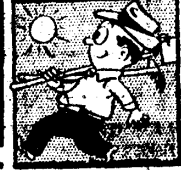
- [https://livinghistoryfarm.org/farminginthe40s/crops\\_02.html](https://livinghistoryfarm.org/farminginthe40s/crops_02.html)
- <https://www.nytimes.com/2020/03/25/dining/victory-gardens-coronavirus.html>

Check out this Thomasville Times-Enterprise, 1944 article about victory gardens:



# YOUR VICTORY GARDEN

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AP Features Writer



Part 16

**S**EEDS, tools, fertilizers and labor are so scarce that Victory Gardeners will have to conserve each of them. One of the most efficient and easiest ways to conserve is to organize community gardens where the plowing and planting are done on a city-wide or neighborhood basis.

Such plans produced remarkable results last week in Chicago, San Francisco, Denver, New York and many other cities.

In city-wide plans, such as Chicago sponsored, a Victory Garden department was created.

The city offered to plow up any vacant lot that was at least 75 feet wide; 100 feet long and available to at least four families. Plots in city parks, five by twelve feet, were prepared for school children.

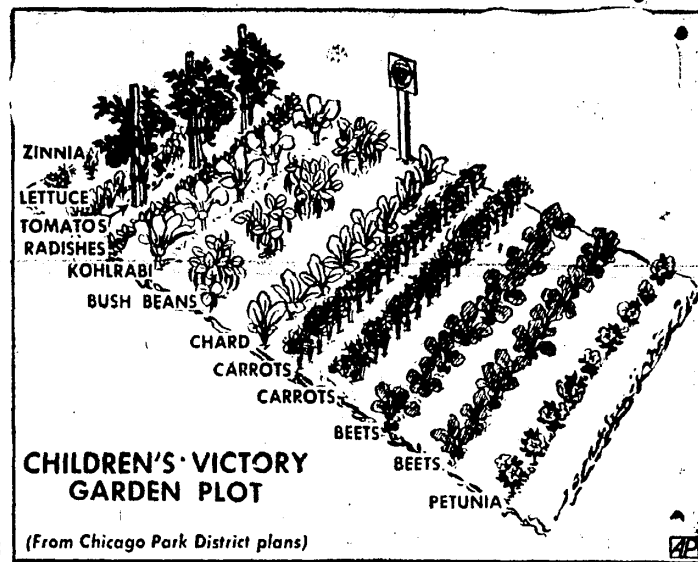
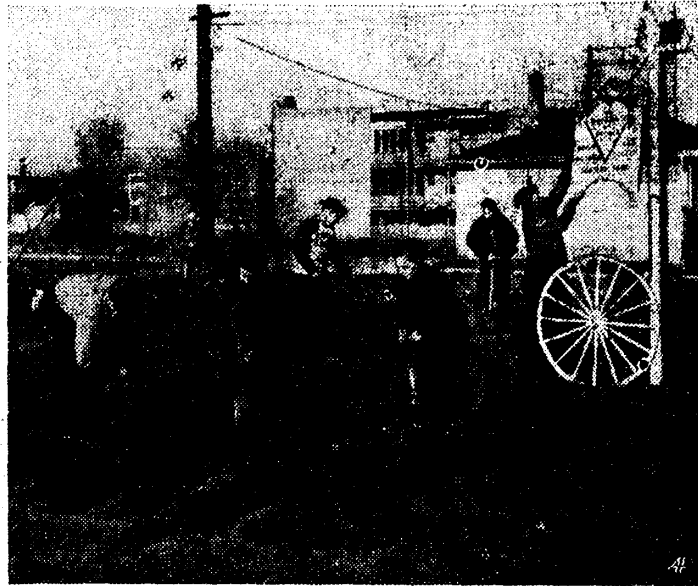
**A**S a result of the enthusiasm created by the Chicago campaign, there were more than 130,000 gardens in the city last summer, covering 1,700 acres. They produced 55,000,000 pounds of fresh vegetables.

City officials were amazed to learn that the school children, in fifth to eighth grades, produced nearly 500 tons of food in 14,062 gardens. They carried through their summer garden campaigns despite heat, drought and insects.

Advantages of a city-wide or neighborhood plan are these: Large lots may be plowed at small expense if a number of gardeners participate. Likewise they may be irrigated and fertilized on a large scale, with machinery. Tools may be shared. All this reduces the amount of heavy work and expense.

**B**ECAUSE the 1943 campaigns produced such good results, similar ones will be carried out again in 1944. Among the novel ones will be cycle-gardens, where gardeners without land near their homes will bicycle to a community plot in an adjacent neighborhood.

Some cities also have construct-



Gardens should be planned simply for first time farmers like the Chicago Boy Scouts, top. Below is an ideal setup for a child's garden.

ed garden pavilions near their Victory plots and in them the Victory Gardeners may exchange seeds, plants, harvested vegetables and tools.

A swap-crop plan is a good one as it greatly increases the variety of vegetables that a Victory Gardening family may enjoy.

(NEXT: Popular Vegetables.)

## Re-growing Vegetables & Fruits:

Did you know that you can re-grow some vegetables and fruits using food scraps? This is a great way to reduce food waste and help put food back onto your table or your neighbors. Instead of trying to grow plants from seed, you use what is left over from your groceries and cooking to grow more food.

Sources:

<http://www.eatingwell.com/article/290729/how-to-grow-fruits-vegetables-from-food-scraps/>

<https://www.ruralsprout.com/regrow-vegetables/>

<https://www.gardentech.com/blog/gardening-and-healthy-living/growing-food-from-kitchen-scraps>

Fresh Vegetables & Herbs:

- Potatoes
- Sweet Potatoes
- Alliums: Onions, Scallions, Garlics, Leeks, Shallots
- Celery
- Pineapple
- Avocados
- Bulb Fennel
- Root Vegetables: Carrots, Turnips, Parsnips, Beets
- Ginger
- Cabbages, Lettuces, Leafy Greens
- Basil, Mint, Cilantro

From Seeds:

- Pumpkins
- Peppers
- Strawberries
- Squash
- Cucumbers
- Tomatoes
- Lemons, Limes, Oranges

Growing grocery store produce from seed can be tricky but it is worth a try. Think of it as a science experiment! Because many fruits and vegetables you can buy at the grocery stores are hybrids, often their seeds are sterile (will not grow). If they do grow, you may not end up with an exact copy of the produce you purchased.

## Victory Re-Grow Garden

The supplies you'll need will depend on the type of fruit, vegetable, or herb you wish to regrow and whichever method works best for it. Here are some supplies you may need for your victory re-grow garden.

- Food scraps
- Clean glass jars
- Water pitcher
- Water
- Knife and cutting board (with grown-up help)
- Platter or tray
- Masking tape
- Marker
- Scissors
- Potting soil
- Clay pot or raised garden bed

### **Sprout in a Jar:**

Some plants need to be sprouted in a jar before they can be transplanted into soil. Follow these instructions and consult the resources on page 1 of this document for more information about how to regrow specific plants!

Garlic, Onions, Green Onions (Scallions): Place the root base in a glass with an inch or two of water, enough that the roots can be fully covered. Place in a sunny spot. Trim the green parts and use in cooking or transplant to a pot with soil.

Fresh Herbs: Carefully make a cutting using scissors at the node of the plant- where two sections merge. Place the cutting in water on a windowsill and replace the water every one to two days until roots begin to grow. Transplant to a container or the ground.

Celery, Fennel, Lettuces & Leafy Greens: Cut the leaves and stalk to about two inches from the base. Place the base in a jar or bowl of water in a sunny spot. Replace the water every day or two until a new root system grows. Transplant to soil.

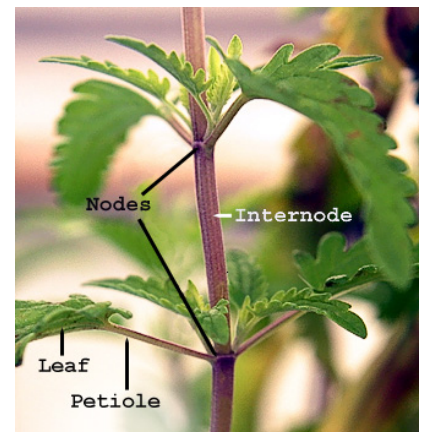


Diagram of a Plant

Root Vegetables: You'll need to have purchased carrots or root vegetables with their leaves and stems still attached, not pre-trimmed carrots. Cut the tops where the leaves and stems connect to the root from the vegetable. Place the tops in a container of water until you can see the new green tops growing. Harvest the green tops and use or allow roots to continue to grow and transplant into soil.

## **Sprout in Soil:**

**Garlic:** take a clove and place it pointy side up in the ground or a planter 4-6” apart. Plant them outside in the fall before the first frost to enjoy the following spring. Plan them inside in a container any time of year to enjoy the garlic greens instead of a bulb.

**Ginger:** soak the root in warm water overnight then plant it sideways in a container, cover with soil, and keep in a sunny spot. Keep the soil moist. Over the next several months, the ginger will sprout and be ready to harvest!

**Potatoes & Sweet Potatoes:** Don't throw out those sprouted potatoes in the cabinet! The “eyes” are the beginnings of new plants. With a grown-up's help, carefully cut your potatoes into 2” pieces, making sure there's at least one or two eyes on each piece. Carefully spread the cut potatoes out on paper towel on the counter and let them dry for a day or two. Plant them under a few inches of soil with plenty of



space for the vines above ground to spread. , use toothpicks as spikes to hold the potato on the lip of a glass with a few inches of water reaching the bottom of the cutting. Roots should begin to sprout quickly as well as new growths from the top of the cutting.

**Pineapples:** Cut the top off a pineapple, dry it, and plant it. It could take up to a year for the pineapple to grow.

## **What can you do with the remaining fresh food scraps you can't re-grow?**

**Stock it!** Use your vegetable scraps to brew a healthy vegetable stock that you can freeze and use for future recipes.

**Steep it!** Some vegetable scraps make great homemade dyes! Check out our tutorial for homemade natural dyes at [thomasvillehistory.org/athome](http://thomasvillehistory.org/athome)

## **Compost it!**

<https://www.goodhousekeeping.com/home/gardening/advice/a23945/start-composting/>

<http://gardenclub.homedepot.com/10-minute-ideas-composting-beginner/>