

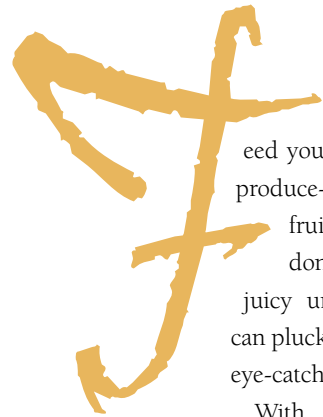


PLANTS *from* PRODUCE

Savor more than mouthwatering flavors from the corner store. Stuff your supermarket sacks with the makings of an indoor garden that's a feast for the senses. We'll show you how.

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Feed your appetite for garden adventure with a little produce-aisle experimentation. First feast on exotic fruits, then segue into seed-sprouting magic. You don't need a green thumb to score success in this juicy undertaking—even inexperienced gardeners can pluck a seed from fruit, tuck it into soil, and enjoy eye-catching results.

With grocery-store gardening, the goal isn't a plantation, but a few houseplants to provide greenery and maybe some fruit. This project doesn't even demand a yard. Some of the nation's most experienced produce sprouters, known as the Rare Pit & Plant Council, hail from the Big Apple (where else?), meeting in high-rise apartments festooned with greenery grown from grocery displays.

Kids of all ages love the anticipation of waiting for seedy buried treasure to sprout. Invite the youngsters

in your life to select and sample fruits and to harvest and sow seeds.

These homegrown houseplants don't demand tropical conditions, though they do thrive in warmer temperatures (68–95°F). Harvest seeds from fruit, then sow them into soil. Avoid heavy garden soil; choose a commercial bagged soil mix instead. Seeds can take up to 12 weeks to germinate. To speed the process, warm the soil by placing pots on root-zone heating mats, available at garden centers or online. Some gardeners like to sprout seeds in the toasty spot atop the fridge. As seedlings unfurl leaves, keep soil moist and provide plenty of light. To encourage even growth, give pots a quarter turn weekly.

Start your own houseplant collection with a few of our easy-growing favorites. They're a snap to sow and transform any windowsill into a garden smorgasbord.  See Resources on page 108.

Passion fruit

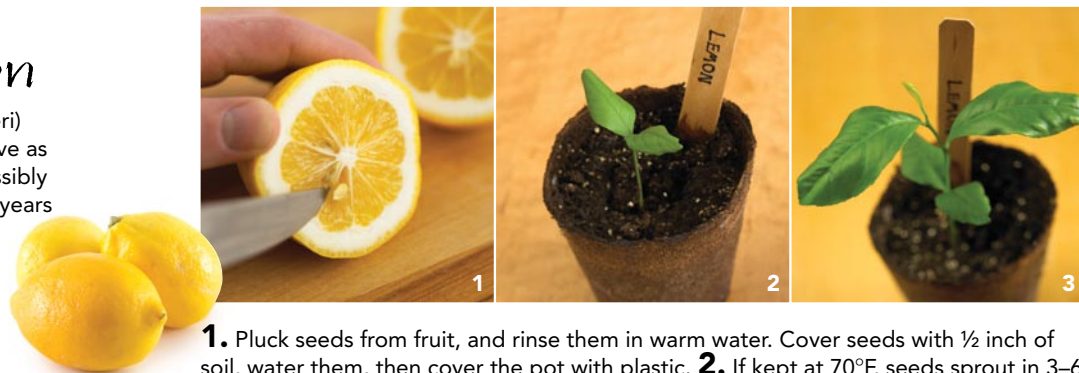
(*Passiflora edulis*)
Passion fruit unfurls luxuriously exotic blooms.



1. Scoop edible seeds from fruit, wash to remove pulp, and plant immediately. Space seeds ½ inch apart and barely cover with soil. Set the container in a warm (75°F), well-lit area to germinate. **2.** Sprouts emerge in 2–8 weeks. **3.** Shift seedlings into 3-inch pots when they begin to get crowded. Vines reach fruiting size 12 months from seed.

Lemon

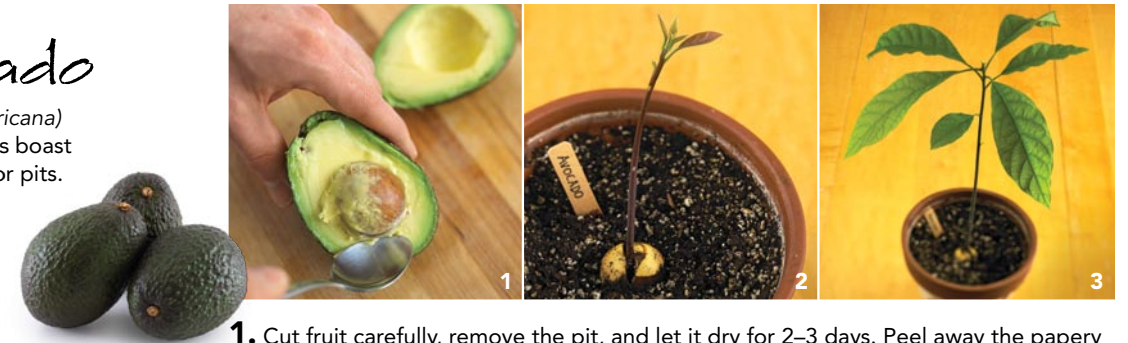
(*Citrus × meyeri*)
Lemon trees thrive as houseplants, possibly bearing fruit 5–7 years from seed.



1. Pluck seeds from fruit, and rinse them in warm water. Cover seeds with ½ inch of soil, water them, then cover the pot with plastic. **2.** If kept at 70°F, seeds sprout in 3–6 weeks. **3.** Keep soil moist after seedlings emerge. Citrus won't withstand wilting.

Avocado

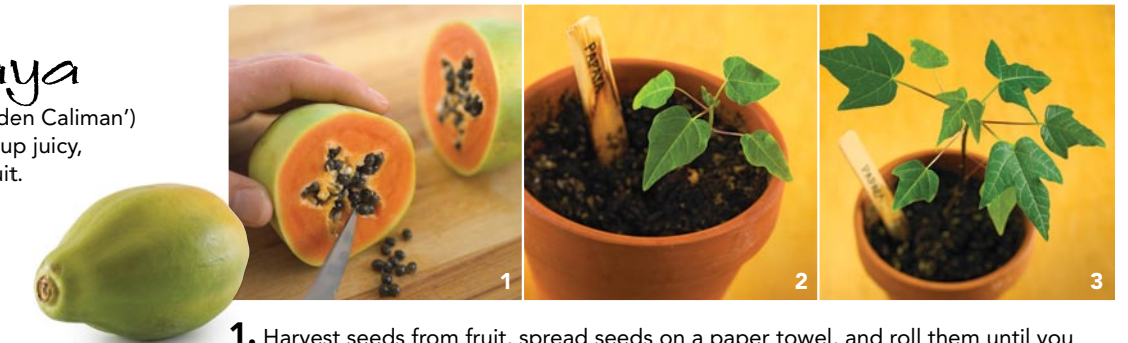
(*Persea americana*)
Avocado fruits boast large seeds or pits.



1. Cut fruit carefully, remove the pit, and let it dry for 2–3 days. Peel away the papery skin. Cut a thin slice (⅛ inch) from either end. **2.** Plant the seed with the more pointed end sticking out of soil. Shoots take 4–12 weeks to emerge so be patient. **3.** When the stem is 4 inches tall, add soil to bury the seed.

Papaya

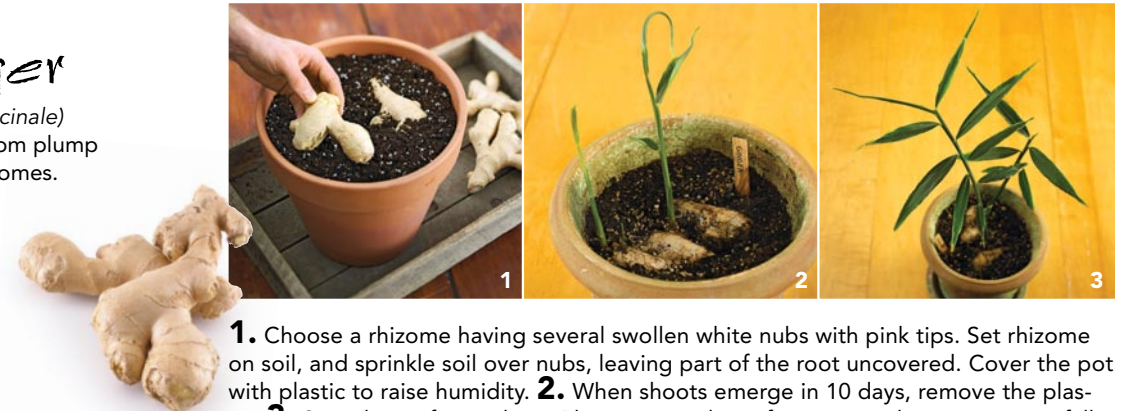
(*Carica papaya* 'Golden Caliman')
Papaya serves up juicy, sweet fruit.



1. Harvest seeds from fruit, spread seeds on a paper towel, and roll them until you feel seeds pop from their gelatin envelopes. **2.** Sow seeds immediately, barely covering them with soil. Keep soil warm (80°F) until sprouts emerge in 1–6 weeks. Do not overwater, or seedlings may dampen off (die) before they reach 6 inches tall.

Ginger

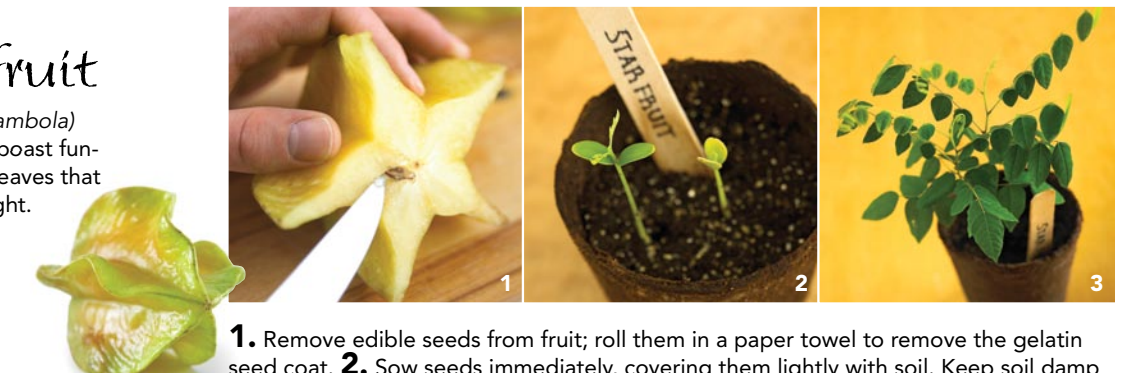
(*Zingiber officinale*)
Ginger grows from plump roots or rhizomes.



1. Choose a rhizome having several swollen white nubs with pink tips. Set rhizome on soil, and sprinkle soil over nubs, leaving part of the root uncovered. Cover the pot with plastic to raise humidity. **2.** When shoots emerge in 10 days, remove the plastic. **3.** Snip shoots for cooking. Place pot outdoors for summer; harvest roots in fall.

Star fruit

(*Averrhoa carambola*)
Star fruit plants boast fun-shape fruit and leaves that fold at night.



1. Remove edible seeds from fruit; roll them in a paper towel to remove the gelatin seed coat. **2.** Sow seeds immediately, covering them lightly with soil. Keep soil damp until seeds sprout in 7–25 days. **3.** Star fruit can thrive in air temperatures ranging from 68°F to 95°F. Plants need soil that's kept moist but drains well.