

YOUR GUIDE TO

GROW FOOD FROM CUTTINGS

BY SUSTAINABLE HOLLY



If you are a beginner gardener or want to level up your homegrown produce for free, this guide will show you how!

www.sustainableholly.com





GROW

**GROW FREE
EDIBLE PLANTS**

FREE FOOD



Hello!

My name is Holly and I'm a Kiwi living on my urban permaculture homestead in Perth, Australia. I grew up on a coastal farm in Northland, New Zealand and my family have always been very much self-sufficient. I have been growing and developing edible gardens for the past 20 years and I have completed my Permaculture Design Certificate.

If you have always dreamt of living a more sustainable lifestyle with healthy, nutrient-dense food but don't want to spend hundreds of dollars setting it up, then this guide will get you growing more food for less \$\$!

Urban Homesteading can be so rewarding and being able to grow and preserve most of your own food is easily achievable even on a small suburban block. I am passionate about inspiring and guiding you to grow more of your own food at home.

Start today, whether that's a small pot on the balcony, a raised garden bed or turning part of your existing gardens edible. Small, achievable steps that you can grow and build on towards your own self-sufficient journey.

SUSTAINABLE HOLLY







SUSTAINABLE GARDEN

Do you want to grow more food without all the cost of buying seeds and plants to make it happen? This guide will show you some easy and quick ways to grow a tonne of food for FREE.

Multiplying plants from ones you already have or making cuttings from friends gardens can help you set up and grow a sustainable garden without all the costs involved.

Homegrown food not only tastes so much better but it also provides you with much more nutrients than many store bought fruits and veggies.

You also can control what goes on your food and skip all the pesticides, chemical fertilisers and other nasty sprays that get used on commercially grown food.

Many of the plants in this guide may already be in your garden, neighbours or friends and family's.

Learning to identify these plants and how to propagate and regrow them will take your gardening to the next level.

By the end of this guide, you will have a list of edible plants you can go out and reproduce to grow a tonne of wholesome food for you and your family.



TIPS FOR

TAKING CUTTINGS



- Use clean secateurs or knives to make your cuttings. Bacteria can be spread through your garden easily on the blade surfaces.
- Use sharp cutting tools. This will make a clean cut and leave the stem open to absorb water and produce roots. Blunt blades can squash the ends together and close up the exposed stem.
- Make sure you identify the plants correctly before use.
- Change the water in your cutting jars every few days so that it doesn't harbour bacteria.
- Take multiple cuttings to increase your chances of having success.
- Give more than you take. If you are getting cuttings from friends, neighbours or other local gardeners, gift them plants, seeds or produce in return.
- Only take cuttings from healthy disease free plants. Also ensure the plant is well established so it can handle the cuttings being removed.
- Keep your cuttings that are in water somewhere that gets good diffused light. On the kitchen bench next to a window often works well.
- Experiment and have fun with it. Don't be afraid to fail.



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Solanum lycopersicum

TOMATOES



Tomatoes are one of my favourite summer veggies to grow! Homegrown tomatoes taste SO MUCH better than store bought. Allowed to ripen on the vine they are juicy, sweet and full of flavour.

Tomatoes are a great plant to grow at home because you can pick regularly to eat fresh in salads or a make a quick breakfast with tomatoes on toast.

Plus, if you grow a lot of tomatoes you can preserve them to use later in the year. Whether that's simply frozen, canned or in homemade tomato sauce and chutneys.

The humble tomato is a versatile powerhouse for the home garden.

If you visit friends and family that are also growing tomatoes you can take cuttings or swap varieties.

Tip: Make sure you save some seeds from your best tomatoes at the end of the season and you will have next year's seeds sorted and no need to buy any!





HOW TO REGROW

TOMATOES



1

CUTTING SELECTION

In between the main stem and the leaves, small shoots will form. These are often pinched out to stop the plant growing wild and keep it growing strong and upright. Leave a few to grow and then cut them out when they are at least 10-20cm tall.



2

PREPARATION

Remove any flowers and the bottom 3/4s of the leaves then place the cuttings in a jar of water. Roots will form on the new stem in just days! It's so easy and so quick.



3

REPLANTING CUTTINGS

After a week or two they will have plenty of roots and you can plant them back out into the garden and double or triple your tomato harvests for FREE.

NOTES: Be sure to only take cuttings from healthy disease free plants. As the cuttings will be a direct clone they will carry across any diseases the plant has. Check the leaves are free from any black or brown spots. It's best to take cuttings early in the season before any diseases have started appearing.

TIP: The best way to prevent diseases is to remove all the lower leaves up until the first set of tomatoes. This stops bacteria from the soil splashing up and landing on the leaves.



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Ocimum basilicum

BASIL



Basil and tomato are not only great flavour combos in cooking but also great companion plants in the garden. Basil can improve the flavour of tomatoes and ward off pests. They can also both be grown from cuttings!

With all your excess basil you can make a garden pesto. Pesto is so delicious and you can freeze it in ice-cubes to use as you need.

Fresh basil on pizza is one of my absolute favourites. You can also dry basil and use it in cooking throughout the year.

Basil flowers attract lots of beneficial pollinators to your garden which will pollinate more tomatoes. You can never have too much basil!

TIP: Basil grows quickly and if you pinch out the top buds to use in cooking the plant will grow bigger and bushier.





HOW TO REGROW

BASIL



1

CUTTING SELECTION

To grow more basil just take a cutting from a stem with at least two nodes (small bulges where the leaves form).



2

PREPARATION

Remove any flowers and the bottom leaves and place the cuttings in a jar of water. Roots will form on the new stem in just days! It's so easy and so quick.



3

REPLANTING CUTTINGS

After a few weeks they will have plenty of roots and you can plant them back out into the garden and make more patches of basil. You could also pot them up in recycled pots and use as low cost gift ideas.

NOTES: Check underneath the leaves to make sure there are no caterpillars or bugs, otherwise your cuttings will quickly lose all their leaves while sitting in the jar of water.


TIP: Make sure you save some seeds at the end of the season after the basil flowers have dried off and you will have next year's seeds sorted with no need to buy any! You can also gift these to friends.



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Salvia officinalis


SAGE



I love that Sage comes in many different varieties, all with different flavours and uses. Sage is a great herb to regrow and do swaps with friends and family.

Variegated sage is my favourite with its beautiful contrasting leaf patterns. Pineapple sage can also be re-grown this way and is another one of my favourites, although pineapple sage is technically in the Mint family.

Plus, if you want to grow a lot of sage you can dry it and put in a jar to be used on all your winter roasts, soups and slow cooked meals. Sage can also be added to herbal tea blends to make healing herbal teas.





HOW TO REGROW

SAGE



1

CUTTING SELECTION

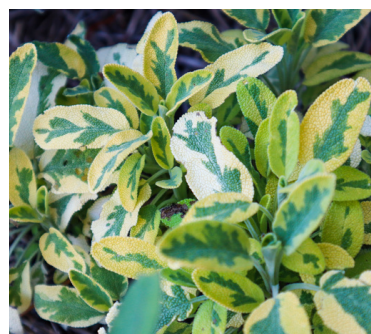
To grow more Sage take a cutting from a semi-hardwood stem at least 5-10cm long .



2

PREPARATION

Remove the leaves from the bottom 3/4 of the stem. Place the cuttings in a jar of water. Roots will form on the new stem after 2- 4 weeks.



3

REPLANTING CUTTINGS

Once they have plenty of roots you can plant them back out into the garden or a pot and make more patches of sage.



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Physalis peruviana

CAPE GOOSEBERRY



Cape gooseberry or ground cherries are actually part of the nightshade / tomato family. They are delicious and fruity and each individually wrapped in a delicate husk.

Cape gooseberries are a yummy treat eaten fresh or they can be used for many different dishes. They can be used for both sweet and savoury dishes such as chutney, relish, compote, cakes, tarts or jams. There is no end to how many things you could use these for. So why not grow a tonne!





HOW TO REGROW

CAPE GOOSEBERRY



1

CUTTING SELECTION

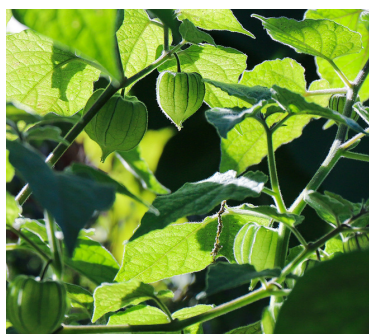
To propagate cape gooseberry, take a cutting from a stem. You want to choose a stem that is not hard and woody and not brand new and soft. Somewhere in the middle. You can cut the stem down to get the pieces you need.



2

PREPARATION

Plant these directly in a pot of soil and kept well watered until they strike roots. Cut off most of the leaves but do leave a few so that it can grow.



3

REPLANTING CUTTINGS

Once they have sent off new shoots and look healthy you can plant them back out into the garden.



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Capsicum annuum

CHILLIES

I love growing lots of chillies because I use them in so many dishes. They are really easy to preserve by simply freezing them whole. Remove them as required and chop up to add to your dishes. They can also be used to make sweet chilli sauce, jam, chutney, chilli powder, chilli oil and used in many other interesting ways.

Chilli preserves also make great gifts!





HOW TO REGROW

CHILLIES



1

CUTTING SELECTION

To propagate chilli, take a cutting from a semi-hard wood stem and make sure you have at least 2 nodes on the stems. Nodes are little bulges in the stem where leaves were attached. This will also be roots form. Make your cut just below a node so that the roots will form at the very base of the cutting.



2

PREPARATION

Remove the leaves from the bottom half - 3/4s of the stem. Remove any flowers as you want the plant to put its energy into forming roots. Place into a pot of soil and keep in a warm sheltered spot out of direct sunlight. Keep the soil watered. Chilli will be a lot slower to form roots than most other cuttings.



3

REPLANTING CUTTINGS

Once they have formed roots and sprouted new growth you can plant them back out into the garden. Keep well watered and feed with liquid seaweed solution to help with any transplant shock.

TIP: Chilli plants like warm climates and may die off over winter if temperatures are too cold. To keep your chilli plants alive over winter (called over-wintering) trim back 1/3 to 1/2 of the plant in Autumn. This can be a great time to take cuttings. If the plants are in the garden it can be a good idea to pot them up and keep them somewhere warm during winter. Come spring you can plant them back out into the garden and you will have large established chilli plants ready to .



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Morus

MULBERRY



Mulberries come in quite a few varieties that have very different flavours. The white mulberry is sweet like honey and the red one is a lot more fruity and tart.

Mulberries are super quick growers and produce in absolute bucketfuls once they get going! Mulberries are delicious fresh but can also be used to make things such as jam, chutney, compote, smoothies, pies, muffins and lots of other baked treats.

They will grow rapidly and large so make sure you have the room for them or are prepared to heavily prune them. They can also be grown in pots to keep them at a manageable size.





HOW TO REGROW

MULBERRY



1

CUTTING SELECTION

To take mulberry cuttings choose a stem that is not young and soft and also not old and woody. Somewhere in the middle is good (semi-hardwood). Cut at about 20-30cm in length with the cut being just below a node (bulge where leaves form). Cut the top part of the stem off if it is new growth.



2

PREPARATION

Remove most of the leaves and if the leaves are full size cut them in half so they are only 5-10cm from the stem. This is to help the cutting put its energy into forming roots. Place the cuttings into good quality potting mix. They may go dormant and loose their leaves but once spring comes around they will start producing new leaves and may even produce fruit in their first year!



3

REPLANTING CUTTINGS

Once the cuttings have doubled in size and are growing well you can either plant them out into the garden or into a large pot. Water with liquid seaweed solution after moving them to prevent transplant shock.


NOTES: It is recommended to take cuttings when the plant starts to go dormant in the winter months but I have also had success taking cuttings in spring. Just ensure the plant has finished fruiting.



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Ipomoea batatas


SWEET POTATO



Sweet potatoes are an absolute winner in the garden if you want to grow a tonne of food. They not only produce a large amount of delicious root vegetables but the leaves are also edible. The young sweet potato leaves make a great alternative to spinach and can be used in stir fries, curries, soups or just sautéed with garlic and butter!

Sweet potatoes grow as a vine and make a great living ground cover protecting and mulching your soil. They also provide the perfect habitat for lots of beneficial insects for a happy and thriving ecosystem.

Sweet potato are one of my top permaculture plants due to all the great beneficial relationships they have within the garden.



There are also lots more varieties of sweet potato than you will find at your regular supermarkets. I have 5 different varieties and all of them have been grown from cuttings. I have gifted and traded many cuttings over the years as they are so easy to grow!



HOW TO REGROW

SWEET POTATO



1

CUTTINGS FROM A VINE

To grow sweet potatoes you can simply cut off a section of vine and place in a jar of water to root. Remove the bottom leaves and cut just below a node (bulge in stem where leaves form). The roots will form quickly and you will be able to see roots form in just 1-2 days. After 2 weeks plant them out into the garden.

The vines grow quickly so you can also bury sections of the vine in the garden and those sections will form roots.



2

CUTTINGS FROM A SWEET POTATO ROOT

If you do not have a sweet potato vine established already you can grow one from a sweet potato root. Place the sweet potato in a jar of water. It can just be one end of the sweet potato and place a wooden skewer through to allow the end piece to be submerged in water and the other half above the water. The sweet potato will start to send off roots into the water and the vines will shoot out from the top.

Once the shoots from the sweet potato get to about 10- 15cm you can cut them off and place in water. These shoots will then produce roots and you can plant them out. You can also plant your rooted sweet potato directly in the garden but if you keep it in water and just harvest the shoots you will get many more plants out of it.



GROW

M e n t h a

MINT



Mint is a great herb to have in abundance, especially for refreshing summer drinks and teas.

Mint comes in so many different flavours! If you have purchased fresh mint or your friends or family have mint growing you can simply take a cutting place in a jar of water and grow your own.

Tip: Mint will grow rapidly and can be invasive in the garden, so it is best to grow mint in a pot or container to keep it under control.





HOW TO REGROW

MINT



1

CUTTING SELECTION

To grow more mint plants just take a cutting from a stem with at least two nodes (small bulges where the leaves form).



2

PREPARATION

Remove the bottom 3/4s of the leaves and place the cuttings in a jar of water. Roots will form on the new stem in about 1-2 weeks. It's so easy and so quick.



3

REPLANTING CUTTINGS

After a week or two they will have plenty of roots and you can plant them into a container or pot. They also make great gifts.

NOTES: Mint can get root bound easily in a pot and dry out. Remove and divide the plant in half and add more soil or compost. This way you get an extra pot of mint for more harvests or gifts.



GROW

Salvia rosmarinus

ROSEMARY



Rosemary is always a favourite culinary herb to grow at home. Rosemary is very easy to grow and also very drought tolerant.

Rosemary is often grown as hedges and is very commonly found. With its very strong distinct smell it is easy to identify. If your friends, family or neighbours have rosemary you can take a cutting and grow a large amount of rosemary very quickly.

Rosemary is also prolific at flowering and will be a hit with your local bees. Planting more flowering shrubs will attract pollinators to your garden and in turn will help you get more food from your edible garden! Increased pollination rates will mean more fresh fruit and veggies. It's a win win!





HOW TO REGROW

ROSEMARY



1

CUTTING SELECTION

Take a cutting about 10-15cm long. Make sure you use a sharp knife or snips to make your cut. Choose a semi-hard wood cutting. Not brand new growth and not the hard woody stems.



2

PREPARATION

Strip off 1/2 to 3/4 of the leaves. Place the rosemary in a jar of water until it sends off roots. You can also plant the cuttings directly into soil but I have more success using water to get the roots started first.



3

REPLANTING CUTTINGS

After two to four weeks they will have plenty of roots and you can plant them into a container, pot or directly into the garden. They also make great gift ideas.



GROW

Cucumis sativus

CUCUMBERS



Cucumbers grow on a vine and can produce huge harvests off one single plant. Train them to grow up a trellis or fence and their strong tendrils will hold them in place.

Cucumbers are great summer veggies because they are super hydrating and refreshing. Cucumbers can be eaten fresh in salads and sandwiches or with a bumper crop of cucumbers you can make delicious pickles and relish.

Learning to make relishes and preserves from your garden is a great step towards your sustainable journey. Often plants will produce food all at once, so it is important to learn how to utilise your crops.

Cucumbers also come in many varieties with different shapes, colours and textures. Making cuttings can be a great way to trade and swap varieties with friends and family. Join local gardening groups to offer swaps with your cuttings and produce.





HOW TO REGROW

CUCUMBERS



1

CUTTING SELECTION

To regrow a cucumber plant from a vine cut off a section of the vine about 10-15cm long. Choose healthy plants without any diseases.



2

PREPARATION

Strip off half of the bottom leaves and remove any of the flowers. You want the plant to focus on growing roots. The roots will form at the nodes where the leaves were so make sure the cut is just below a node.



3

REPLANTING CUTTINGS

After two to four weeks they will have plenty of roots and you can plant them into a container, pot or directly into the garden.

NOTES: Make sure you make your cucumber cuttings early in the spring/summer season so the plant has time to grow and produce before the colder months.



OTHER PLANTS

**GROW FREE
EDIBLE PLANTS**

TO GROW FROM CUTTINGS



- Grapes
- Figs
- Currents
- Pomegranate
- Lemon verbena
- Curry plant
- Lavender
- Eggplant
- Raspberry
- Lemon Balm
- Oregano
- Thyme
- Malabar Spinach



EXTRA TIPS

TO GROW MORE FOR LESS

- **Find your tribe** - Swapping and trading cuttings with friends and family is a great way to grow new varieties without the costs or need to buy a whole punnet of seedlings. Start conversations and see if others are wanting to grow the same veggies as you. You may be able to purchase one variety each and trade half of them. This is a great way to get a good variety for less and perfect for small space gardens.
- **Join Online Groups** - There is likely to be lots of local groups of keen gardeners in your area. Find groups online on platforms such as Facebook or find like minded people on Instagram. These online groups are great for learning local knowledge, asking advice and swapping and trading plants for free.
- **Join Community Gardens** - There may also be a local community garden in your area. This is a great place to get involved and learn more about growing in your exact climate. There is often a wealth of knowledgeable gardeners at community gardens. These are also great if you do not have land to grow on. You may also be able to volunteer and get seeds and cuttings to try grow at home.
- **Seed Banks or Seed Libraries** - This is fast becoming a popular thing at local libraries. People bring in their extra seeds and you can take them home for free to grow. Make sure you also add to the seed library when you can. If your local library is not doing this yet, why not suggest it to them as an option.
- **Save Seeds from Bought Produce** - Have a go at regrowing seeds or cuttings from produce you have purchased. Some seeds will not grow as many fruits and vegetables are picked before maturity to ensure shelf life. This often means seeds have not had a chance to form yet. Things like sweet potato, tomatoes, watermelon and chillies are often quite easy to grow from store bought produce. I highly recommend buying at local farmers markets for spray free, organic produce to regrow.





CAPTURE

AND

STORE

ENERGY



For more gardening tips and garden to plate recipes visit:

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