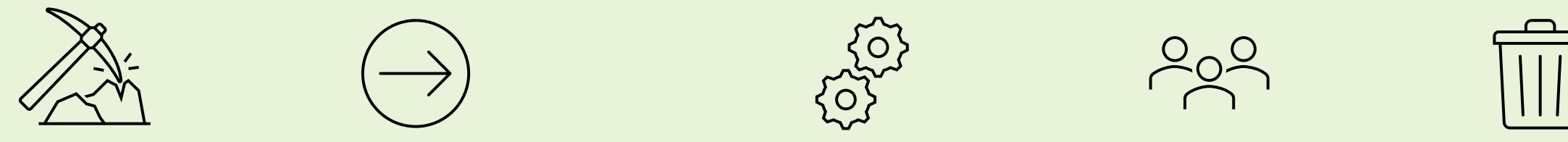


# USE ALL THE BITS: RECIPES FOR FOOD SCRAPS

## THE LINEAR ECONOMY

EXTRACT | PROCESS | MANUFACTURE | USE | THROW AWAY



Today, the American economy is mostly linear. We extract natural resources from the earth, process them, use them to manufacture goods, then use those goods and throw them into a landfill when we're done. There are two key problems with this, one social and the other economic. On the social side, the linear economy destroys the environment, pollutes waterways, and emits greenhouse gases, which make our quality of life worse. On the economic side, when you throw something away, you're taking those resources out of the economy. Many products, like electronics, furniture, and food, are made of valuable parts that are lost when they're classified as "waste."

## THE CIRCULAR ECONOMY

PROCESSING | MANUFACTURING | SELLING | USING | COLLECTING | SORTING | PURIFYING | REPROCESSING



A circular economy, on the other hand, keeps those parts and materials inside of the economy. That way, when we're finished using them, they can be disassembled, and their individual parts can be used over and over again. Unlike the linear economy, a circular economy aims to eliminate waste entirely by designing products that are durable, reusable, repairable, and refurbishable using materials that can be recovered and recycled at the end-of-life stage. A circular economic model preserves natural resources, reduces the need for landfills, and advances social and environmental justice while creating value and new business opportunities.

-- from <https://www.nist.gov/circular-economy>



### PEELS YOU CAN EAT AS-IS

(after a good wash, of course)

Potato  
Carrot  
Kiwi fruit  
Peach  
Eggplant  
Apple  
Cucumber  
Zucchini  
Mango  
Orange

### PEELS THAT NEED A LITTLE HELP

Watermelon  
Banana  
Citrus:  
(orange/lemon/lime/grapefruit)  
Pineapple  
Onion/garlic  
Pumpkin/winter squash

### CITRUS FRUIT

Zest to use as a flavoring or make candied peels: Slice peels into strips. Boil peels in water 15 minutes; drain, rinse, then drain again (may need to do this 2-3 times for grapefruit peel). For every cup of peel, use ¼ cup of water and 1 cup of sugar: bring sugar and water to a boil in a saucepan, stirring to dissolve sugar. Add peels, reduce heat, and simmer until very soft and translucent; drain (keep this syrup for pancakes!). Toss peels with sugar to coat. Transfer peels to a large sheet of wax paper or foil and let sit until dry, 1-2 days.

### WATERMELON

Cut rind from watermelon into 1-inch squares (trim off peel). Place in bowl, cover with water and pickling salt, let stand overnight at room temperature. Drain, rinse, then cover with water and boil until tender.

*Quick version:* add ~ 1 cup white wine or cider vinegar, 1 Tbsp honey or sugar, ½ tsp salt, and herbs or spices to 4 cups fruit (for watermelon, try cinnamon and cloves), cover and chill up to 24 hours.

*Canned version:* follow recipe here: <https://www.bhg.com/recipe/watermelon-pickles/>

EAT ALL THE THINGS!



used with apologies to Allie Brosh

### PINEAPPLE

Pineapple peel and core are both edible. The core can be eaten raw or grilled, shredded, or blanched. The peel makes an anti-inflammatory tea that tastes great iced (or in mixed drinks). Use 10 cups water, ¼ cup brown sugar, 1 tsp vanilla extract, spice (such as cinnamon & clove), and 4-6" piece of ginger per pineapple. Blend ginger with 2 cups water, add to pot with other ingredients and the rest of the water. Boil for 15 minutes, then simmer for 45. Cool, strain, and refrigerate.

### BANANA

There are lots of ways to use banana peels: Blend the peel in your smoothie or the batter for banana bread; baked with cinnamon and sugar (or baked or dried and made into tea); pan-fried and salted; or made into vegan "bacon" or vegan "pulled pork"

### ONION/GARLIC

Strictly speaking, you're not going to eat the peel because you're going to throw it in the pot to make stock. Add other veggie trimmings like corn cobs (and/or meat bones), some herbs and/or spices, cover an inch deep with water, bring to a boil, then simmer while covered for about 1 hour. Add water if necessary and salt to taste (optional).

### BREAD

Use stale leftover bread to make croutons, stuffing, breadcrumbs, bread pudding, French Toast, or bread soup. Italian panzanella salad combines toasted bread cubes with tomatoes, bell peppers, cucumber, red onion, and fresh basil in a garlic vinaigrette.

### LEAFY GREENS

Carrot tops, beet tops, turnip tops celery and radish leaves – all of these are edible and can be used in salads, soups, smoothies, or sauteed.

### VEGETABLE CHIPS

Use things like the tough outer leaves of Brussels sprouts, sweet potato ends, beet trimmings, and carrot scraps (or any root vegetable). Thinly slice them, then soak in water. After they're drained and dried, fry or bake, then toss with seasoned salt.

### TOUGH STUFF

Tougher leaves, like the darker green parts of leeks and fennel are edible. The tougher part of leeks can be chopped and braised (cooked in fat and liquid, like olive oil and broth) until tender, while the stalks of fennel can be chopped and used in place of celery. Fennel is especially good in a winter chopped salad with apple, cabbage, and cranberries lightly tossed with mayonnaise thinned with water.

### PICKLE JUICE

Leftover pickle brine makes an excellent marinade for meat or the base for a salad dressing.

### AQUAFABA

A fancy name for the liquid in a can of garbanzo beans, aquafaba is a great substitute for egg whites. It can be used in meringues or in baking: just add a little cream of tartar before whipping it into foam.

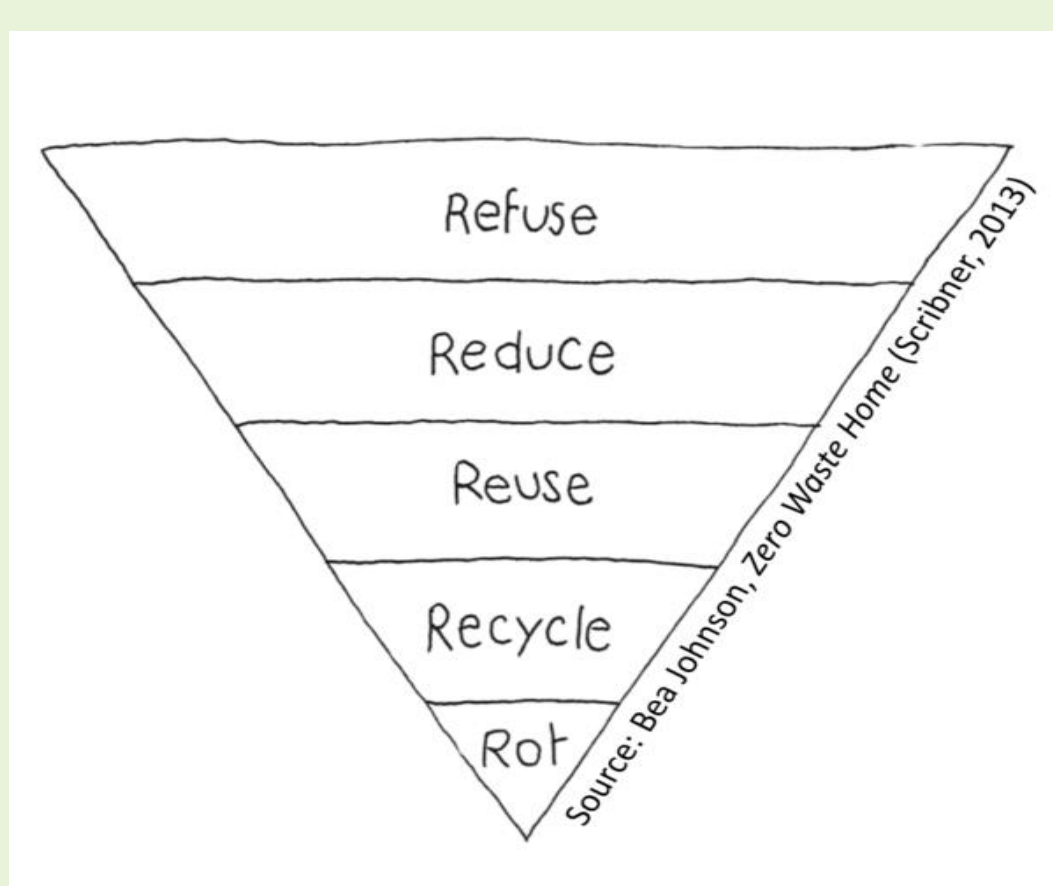
ODDS AND ENDS

### ANYTHING LEFT? COMPOST IT!

Start with fruits and veggies like the top of your strawberry. Also: tea bags, coffee grounds, eggshells, old flowers — even human hair! Avoid adding meat, cooked food, oily things, buttery things and bones.

## ZERO WASTE BASICS

The Five Rs are guiding principles for reducing the waste we output, and they follow a specific order. Here's the hierarchy and more information on each of the Rs:



### Refuse

This is the first and leading principle that tells us to refuse anything we don't really need.

### Reduce

Reducing goes along with refusing, in terms of thinking about what is needed and cutting out what is not.

### Reuse

It's important to note that reuse comes before recycling, and this means that whenever possible, we should see if items can be repurposed. Reuse also means that instead of tossing something out, if it still has use, or life left to it, even if we don't need it ourselves, we can donate it or give it to somebody who can continue to use it.

### Recycle

If we are unable to reuse items, and they are recyclable, we can recycle them, so the material is able to be converted into something new. While recycling is a way to extend the lifespan of a material, it's important to note that it is a process that requires resources and energy, and some materials, like plastic, have a limited number of times they can be recycled before its quality is diminished and it can no longer be recycled.

### Rot

At the bottom of the hierarchy comes "Rot," which invites us to compost organic material like yard waste or food scraps. Paper can also be composted, but, as composting is last on the 5R hierarchy, paper should be recycled whenever possible before being composted, and if it is wet, dirty or with food residue like a greasy pizza box, then it should be composted.

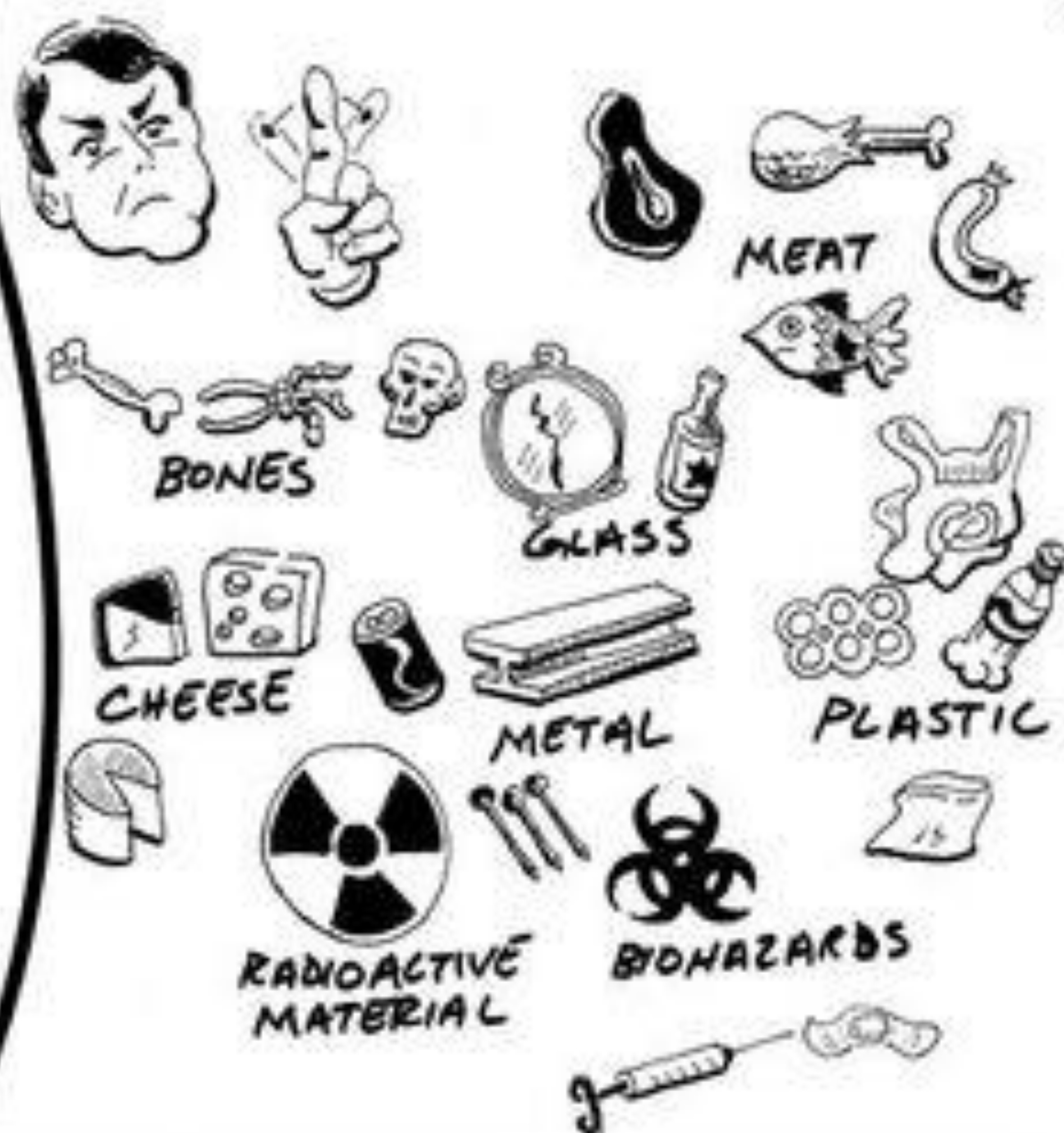
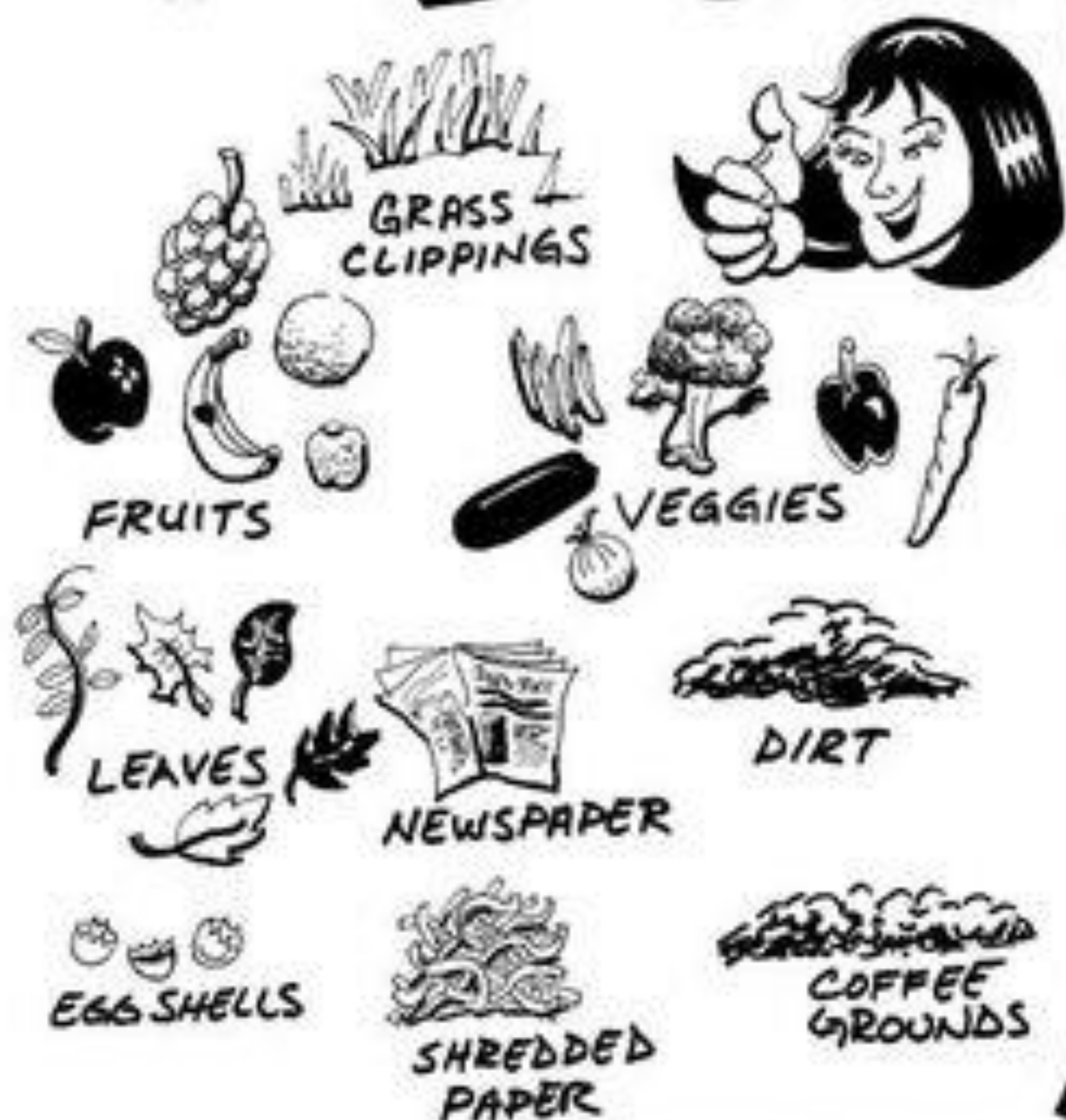




# COLORING PAGE

YOUR HANDY DANDY  
GUIDE TO COMPOSTING

# YES! / NO!



<p><b>RULES OF THUMB</b></p>	<ul style="list-style-type: none"> <li>1. KEEP YOUR COMPOST COVERED TO KEEP ANIMALS AND FLYING BUGS AWAY</li> <li>2. KEEP YOUR COMPOST MOIST AND WARM TO KEEP IT DECOMPOSING</li> <li>3. A LAYER OF GRASS, LEAVES, OR PAPER ON TOP WILL CUT DOWN ON SMELLS</li> <li>4. THE SMALLER THE PIECES, THE QUICKER IT WILL BECOME COMPOST</li> </ul>
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