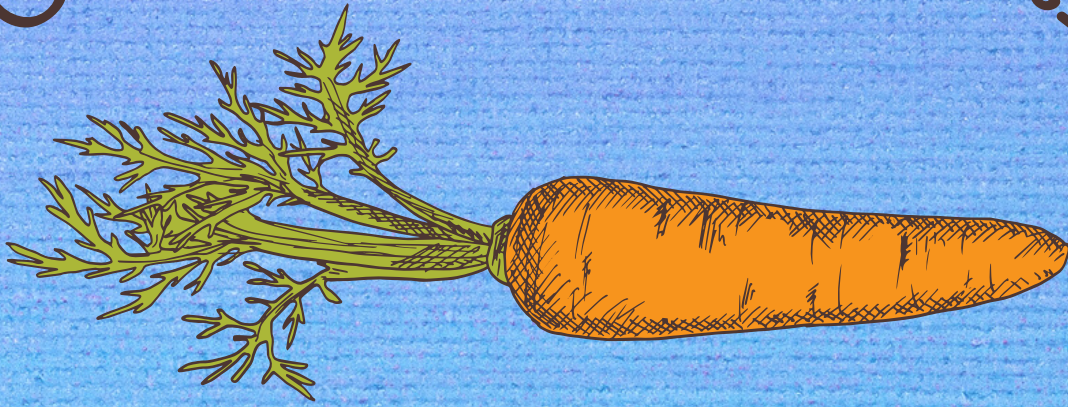


Food Waste Prevention



A Practical Guide to
Waste Less & Save More



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Edited by Daniella M Nicholas with support and collaboration from Market Programs



Introduction

What is food waste prevention? It's food-saving! Some of our greatest foods come from re-using leftovers, like croutons from stale bread and tortilla chips from tortillas. Also, many of us forget the entire edible story of the vegetables and fruits we bring home. Most skins, peels, and stems are edible! This booklet will help you get the most out of the fruits and vegetables you bring home. This booklet guides you through the life cycle of food from the choices you have in taking them home to storing them, using them, re-using them, and even getting creative with your scraps. You will find season to season guidance, tips, and recipes to increase your resourcefulness, kitchen know-how, nutrition, and extend the dollar in your home.

Need more reasons to care?

Did you know that up to 40% of the food that makes it into markets ends up in the trash? It may not feel like much when we throw out a moldy head of broccoli that we forgot about, but when it all adds up, 80 billion pounds of food gets thrown away each year. That's over 200 pounds per person, or 1000 Empire State Buildings. These statistics are awful, but together we can be part of the solution! You may already know many of these skills. Together we can honor the hard work it takes to sow, grow, harvest, transport, sell, and produce food. In doing so we can also honor ourselves, our wellbeing, and our wallets. We cannot change everything over night, but we can commit to growing everyday, like the seeds we sow. Here at Tilth Alliance, we're encouraging everyone to be food heroes.

Another benefit to reducing food waste is increasing nutrition. When we toss the stem of a broccoli, we're wasting a lot of nutritious food. If we peel the skin off apples for a pie, we're also removing the majority of vitamins A & K. Don't fret about changing your pie recipe, read on to find out ways we can make delicious things with our scraps, save food, and reduce waste.



Good Food Tips

Whether you're going grocery shopping or you're bringing home a Good Food Bag, you can make great choices to prevent food waste



TIPS

When Bringing Home a Good Food Bag

- Make a plan to use the produce you're unfamiliar with right away so it doesn't get forgotten
- Plan meals for the days ahead that utilize produce with the shortest shelf life first
 - ex. If you brought home mushrooms, leeks, and kale plan on using the mushrooms before the kale because they have a shorter shelf life
- Consult this guide and other resources for recipe inspirations
- Be honest with yourself and give away what you do not plan to use
- Take a moment to properly store produce (see storage section pages 5-6)
 - pro tip: take time to prepare food to use in recipes later. For example, chop vegetables you plan to use within the next few days and place them in storage containers.
- If you don't plan on using all of something at once, like a bag of herbs, split it up and store separately
- Be creative and try to use as much of the produce as possible, stems and all!

TIPS

When Going Grocery Shopping OR to a Food Pantry

Before Heading Out

- Look through your kitchen to see what you already have
- Plan some meals based off of food that needs to be eaten soon
- Clean out your fridge and preserve items that won't be fresh much longer (see preservation section)
- Plan some meals based off of what's in season (see Getting Seasonal Section)
- Consider meals and sides you can make that would utilize leftover ingredients from other meals
- Consider what seasonal ingredients you'll want for all your meals and snacks
- Make a grocery list based off of a menu plan and what you already have

AT the Store or Pantry

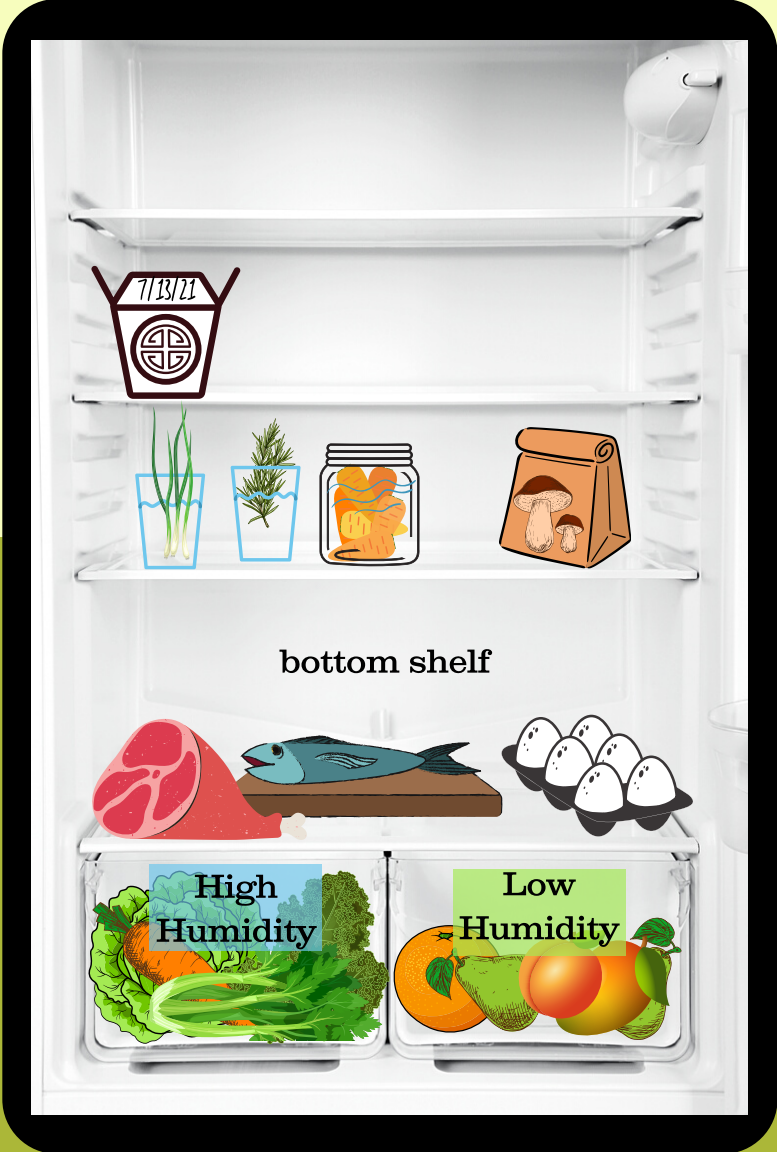
- The outside edges of most grocery stores are where the freshest, whole foods are
- Restock pantry staples like whole grains, flour, sweetener, beans, and spices
- Focus on gathering ingredients and foods that fit your meal plan and dietary needs
- A lower ticket price of an item doesn't always equal a deal. Assess deals by comparing price per pound or price per ounce, which is usually listed below the total price. To learn more, see the resources on the back of this guide
- Look for produce that is in season because this produce will taste best and have the longest shelf life and often cost less (see seasonality section)
- For produce that is not in season, consider frozen fruit and vegetables because they were grown, prepared and frozen in the peak of their season
- Look for foods that have simple, natural ingredients (more food less chemistry)



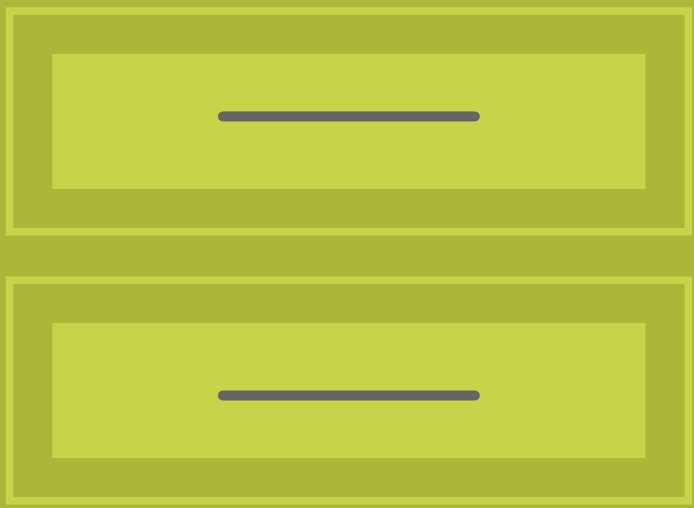
STORAGE TIPS

Tips for the Fridge

- After cleaning, reuse jars and resealable plastic bags for storing food
- High humidity drawer is best for leafy greens and vegetables that wilt. Ex. lettuce, greens, broccoli, brussels sprouts, carrot tops, green beans, eggplant, okra, and peppers
 - First rinse, wrap in a towel (paper or cloth), and store in a container or sealed plastic bag
- Remove carrot tops from carrots and store separately. Store carrots in water.
- Low humidity drawer is best for vegetables and fruit that tend to go moldy. Examples: apples, pears, stone fruit, citrus fruit, melons, plantains. These vegetables and fruits can also be stored on the counter
- Tomatoes store best on the counter

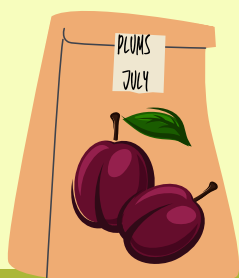


- Herbs can be kept like flowers in water in the fridge, except basil which should be kept in water on the counter
- Keep meats, fish, and eggs properly sealed on the bottom drawer for safety
- Keep mushrooms in a paper bag in the fridge
- Look through your fridge daily and bring things that need to get used soon to the front and center
- Label leftovers and foods with date and item



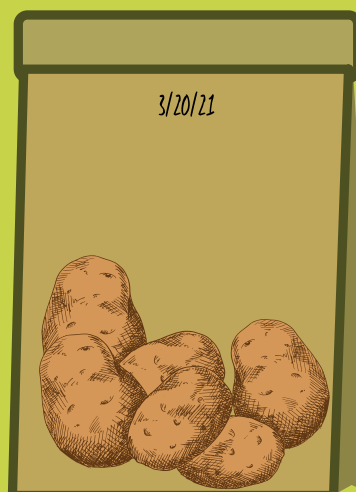
Tips for the Counter and Pantry

- Take produce out of plastic before storing in the pantry or on the counter and instead place in bowls, or in something breathable like a paper bag
- Keep Bananas away from other produce because they make others ripen and rotten faster
- Keep fruits far away from vegetables
- Make sure enough air can flow around produce on the counter top
- Most fruits can be stored on the counter or in the fridge
- If fruit needs to continue ripening, like plums or avocados, leave on counter in a bowl or in a paper bag
- Keep root vegetables away from light and moisture
 - i.e. potatoes, sweet potatoes, garlic, onions, rutabaga
- Keep tomatoes on the counter for better taste and texture
- Label and organize produce according to the date you brought them home so they don't get forgotten



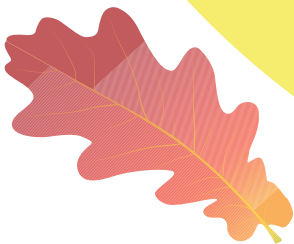
Hungry, but not sure what to eat? Explore your kitchen for food that will go bad soon. Have some bananas about to go bad? Make banana pancakes or a smoothie! Have some leftovers? Try the leftover taco recipe pg 14

Inside the pantry





GETTING SEASONAL



BUT WHY?

This section is ripe with tips, tricks, and recipes for making the most out of seasonal produce. Have you ever noticed that zucchinis purchased in the winter go bad really fast and don't taste great? That's because they were forced to grow outside of their natural season. Produce that is naturally in season will last the longest in your home, have the best texture, the best taste, and the most nutrients, which amplifies the dollars you spend. Eating seasonally also helps support local farmers.

Want some good news? Our Good Food Bags are always seasonal and locally sourced.

Use this section to learn when produce is naturally in season here in the PNW and to learn culinary skills and recipe basics that suit the produce growing in each season.

Spring Tips & Recipes

Spring is a time to rejoice in the continuation of life.

Seeds that have been waiting patiently begin to sprout. It is a time to tend the earth and watch life renew and burst forth. There is much excitement to behold and many greens to eat.

Spring Produce

April, May, June

Think greens! Arugula, beet greens, baby bok choy, braising mix, chards, collard greens, dandelion greens, escarole, kales, baby lettuces, mustard greens, mizuna greens, rapini, spinach, turnip greens, carrots, potatoes, sunchokes, asparagus, beets, turnip root, rhubarb, radish, pea shoots

Did you know that vitamins A, K, and D and many other plant nutrients like curcumin are fat soluble? That means our bodies will absorb them best when eaten with healthy fats, like homemade dressing

Homemade Dressing

A simple dressing is 1 part acid (vinegar or citrus juice), to 2-3 parts oil (olive or vegetable), plus a bit of spice and something sweet to blend the flavors, like honey. Try putting your ingredients in a small jar and shake to blend

Example Recipe
Grandma's Vinaigrette

3/4 cup olive oil
1/3 cup balsamic vinegar
2 TB spicy brown mustard
2 TB honey
1 clove garlic, minced
salt and pepper to taste

Green Smoothies

Smoothies are a great way to add more fresh greens into your diet. All you need are fresh greens, some sweet fruit, and the unsweetened milk of your choosing

Example Recipe
Sweet and Spicy Green Smoothie

2 cups of arugula greens
1/2 banana
1 cup frozen fruit
2 cups unsweetened milk
sprinkle of nutmeg and cayenne on top

blend and enjoy

Wild Greens

Familiar with foraging? Many greens growing wild in gardens and yards are edible, but we often only see them as weeds. Collect them for food instead! Only harvest where it's safe and clean to do so and only when you're certain of the plant type and its safety.

Examples of super nutritious and easy wild spring greens:

Dandelion (leaves plus flowers), chickweed, dead nettles, purslane, sorrel

Try adding wild greens into pesto, green smoothies, stir fry, salad, or eggs



Frittatas!

Frittatas are delicious, nutritious, and protein packed savory egg cakes, like quiche without the crust. They are an easy way to use up vegetables and leftovers.

Tools needed:

- An 8-10" oven safe pan (substitute for one pan and one 8-10" pie or cake pan)
- A cutting board and 1 large kitchen knife
- A wooden spoon or spatula
- A medium bowl and whisk or fork

Ingredients:

- 1-2 cups of vegetables chopped 1 inch or smaller
- 1/2 an onion diced
- 2-6 cloves of garlic diced
- 1/4 cup full fat dairy or alternative (yogurt, heavy cream, or coconut cream, etc)
- 7 eggs
- optional: protein of your choosing
- optional: 1/2 cup of cheese or nutritional yeast
- Salt, pepper, and seasoning to taste
- 1 TB cooking oil

General Directions:

1. Preheat oven to 450F
2. Cook any raw meat or proteins in the pan with oil over medium high heat until cooked thoroughly
3. Add any uncooked vegetables (except garlic) and stir
4. While vegetables and proteins cook, whip eggs, dairy, cheese, garlic, and spices together in a bowl
5. Once the vegetables are tender, add previously cooked leftovers, stir and cook until they're all hot (2-5 minutes)
6. Once everything in the pan is hot*, slowly pour the egg mixture over everything
7. Once the eggs start to lighten around the edge (1 minute or so) transfer the frittata into the oven and bake until golden brown and it very gently giggles in the center (10-20 minutes depending on thickness)

*If you don't have an oven safe pan, pour the vegetables and protein into a greased pie or cake pan and then pour the egg mixture over that and place in an oven at 350F for 30-45 minutes or until golden brown (depends on thickness)

Pesto

The Italian verb pestare means "to grind", so all you really need to make pesto is to grind up some greens. Add seeds or nuts, olive oil, cheese, and a little lemon juice and you've got a classic yet very flexible pesto

Example recipe

Wild green pesto

- 2 cups of zesty spring greens (parsley, mustard greens, arugula, spinach, carrot tops, dandelion)
- 1/2 cup of whatever nuts or seeds you have on hand (walnuts, almonds, sunflower seeds, etc)
- 1/2 cup dry cheese or substitute (Romano, parmesan, nutritional yeast)
- 1/2 to 1 cup olive oil
- 1 TB lemon juice
- salt and pepper to taste

grind by hand with a mortar and pestle, or by machine with a blender or food processor



Summer Tips & Recipes

Summer heat. Summer love. Summer fruit. Summer is a time of bounty! The greatest diversity of vegetables and fruits are ripening throughout the long summer days, and the greatest challenge to eating well is preparing meals in the heat. Read on to get inspired.

Early Summer Produce

Late June, July, and early August

- Artichokes
- Beets
- Cauliflower
- Cucumbers
- Corn
- Fennel
- Green peas
- Lettuces
- Onions
- Radishes
- Rhubarb
- Summer squash
- Zucchini

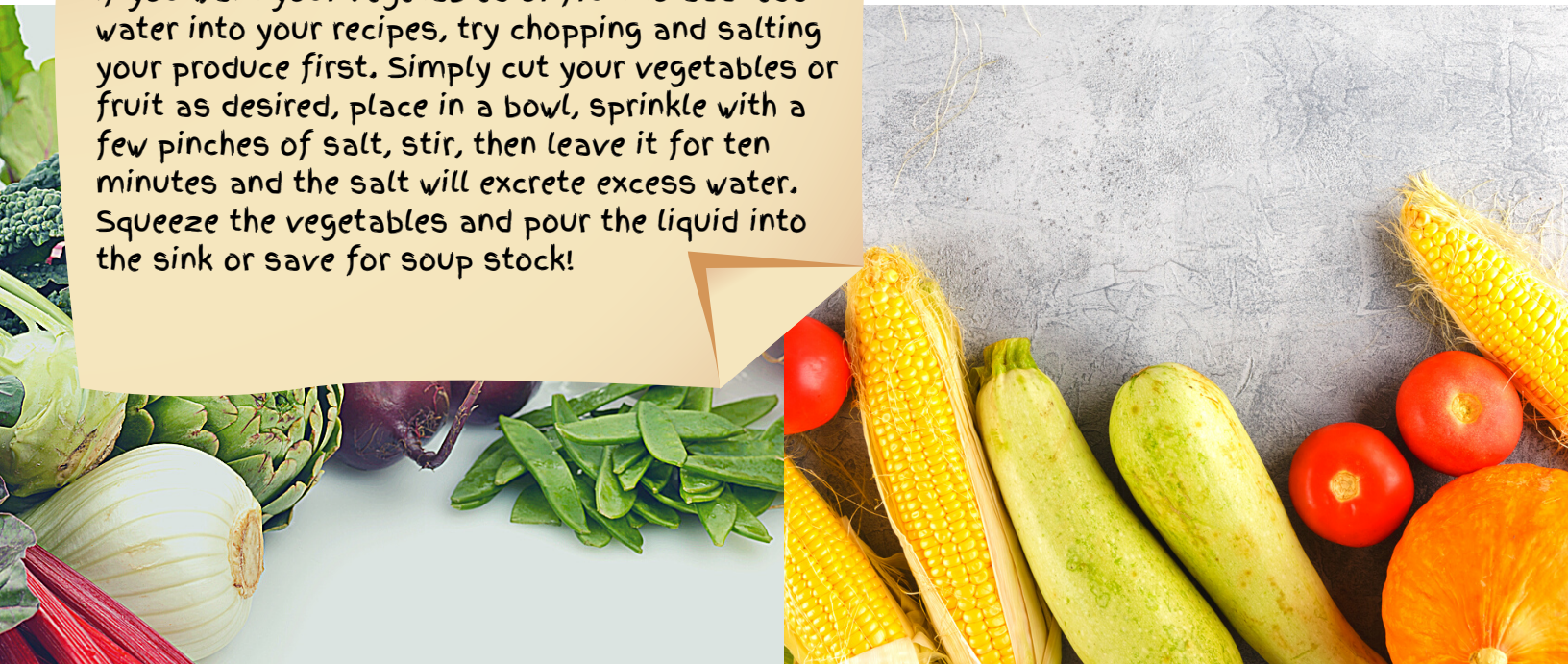
Late Summer Produce

Late August, September,

- Artichokes
- Beets
- Cabbages
- Corn
- Cucumber
- Fennel
- Green Beans
- Green Peas
- Lettuces
- Onions
- Peppers
- Potatoes
- Radishes
- Summer Squash
- Tomatillos
- Zucchini

Summer crisp tip

If you want your vegetables or fruit to add less water into your recipes, try chopping and salting your produce first. Simply cut your vegetables or fruit as desired, place in a bowl, sprinkle with a few pinches of salt, stir, then leave it for ten minutes and the salt will excrete excess water. Squeeze the vegetables and pour the liquid into the sink or save for soup stock!

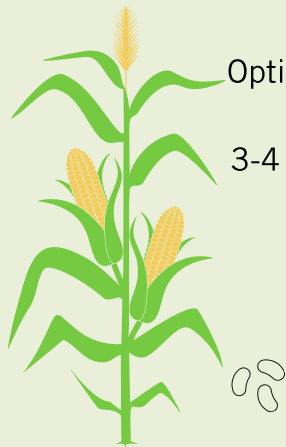


Corn was originally a tiny grass plant called teosinte

The corn we know today was created over thousands of years of farming by the indigenous nations of central Mexico

Sweet corn is edible raw!

Corn is a late summer crop and will taste best when grown locally and fresh



Fresh Summertime Salad

Corn, beans, and squash are often grown together by many Native American tribes because they help each other grow big and strong just like the might of this salad, which you can adjust to add or subtract any seasonal produce.

Salad Ingredients:

2 cups cooked and rinsed beans (black beans suggested)

The kernels of two ears of sweet corn

1-2 summer squash, chopped into 1/2 inch cubes

2-3 TB finely chopped cilantro

Optional: 1/2 cup crumbled queso fresco or another cheese

Dressing Ingredients:

3-4 TB lemon or lime juice (substitute apple cider vinegar)

1-2 TB honey

1 tsp paprika

chili and cayenne powder to taste

Salt to taste

Optional: 2 TB mayo

Optional: zest of 1/2 a lime



Chop all vegetables, mix dressing separately, taste and adjust, then dress the salad and refrigerate

The Pacific Northwest has many native berries that are easy to grow and taste delicious!

Examples:

- trailing blackberry
- blackcap raspberry
- red huckleberry
- evergreen huckleberry
- salmonberry
- thimbleberry



Berry Sauce (compote)



Berry sauce is a great thing to make with berries that are past their prime but haven't gone bad yet or when they go on sale but you don't have the time to make jam. A simple berry sauce can go on sweet things like pancakes, tapioca, ice cream, or in sparkling water to make soda. A simple berry sauce can also go on savory things like baked fish, BBQ ribs, and tacos! Adjust the seasoning to compliment your dish.

General recipe ratios:

For every 1 cup of berries add 1-2 TB sugar or sweetener of choice, 1 tsp acid, 1 small pinch of salt

Directions:

Add all ingredients to a sauce pan over low heat and give the ingredients an initial stir before covering with a lid. Stir and squish the berries with a wooden spoon every couple minutes until they burst and melt, no more than 10 minutes. Taste, adjust and enjoy.

Tips & knowledge:

- Be careful not to burn yourself tasting this delicious sauce! Berries retain a lot of heat.
- Berry skin has lots of pectin and your sauce might thicken once cooled

Leftover Veggie Fritters

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Fritters are a salty, crispy, delectable way to transform vegetable scraps. All you need are veggies, spices, a binding agent, and maybe a little cheese. Vegetable peels, skins, stems, and leftovers are great for fritters.

Flavor Ideas:

- Broccoli stem and cheddar
- Carrot peel and sweet potato with curry powder
- Grated kale stem, kale leaf, and bacon

Basic Ingredients:

- 2-3 cups of vegetable(s) of choice, grated or chopped
- 1 large egg
- 1/2 cup grated or crumbled cheese
- 1/4 to 1/2 cup of flour
- 1 TB finely chopped fresh herbs
- 1-3 cloves of garlic, minced
- Salt and pepper to taste

- 1-3 TB of cooking oil for frying

Directions:

1. Chop and prepare all your fritter ingredients into a large bowl
 - a. If using zucchinis or another juicy vegetable, first sprinkle with salt and let sit for 5-10 minutes then squeeze and drain the liquid out before incorporating in the other ingredients
2. Place a large, heavy bottomed skillet on medium high heat
3. Mix the fritter ingredients together and test the batter by forming a 2-3 inch patty. If the batter is too loose and wet to form a patty, add more flour little by little
4. Add 1-2 TB of oil into the pan
5. Fry the fritters for 2-3 minutes per side, or until browned
6. Set the fritters on a plate with paper towels to soak up the extra oil

Enjoy with sauce or dressing as a side or on top of salad or in a sandwich



Avoid these toxic vegetable scraps:

- tomato stems and leaves
- potato leaves
- rhubarb leaves
- Stone fruit seeds
- Asparagus berries

Bean Dips

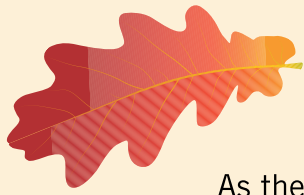
Got a can of beans and leftover wilting vegetables? Put them in a food processor with some lemon juice and salt, and you've got a healthy, delicious snack to pair with crackers, bread, or fresh vegetables.

Basic Ingredients:

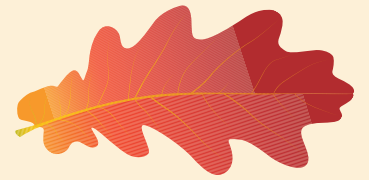
- Cooked and rinsed beans
- 1 TB of acid per cup of beans (lemon juice, apple cider vinegar, etc)
- Up to 1/3 cup of vegetables per cup of beans
- 2-4 TB extra liquid per cup of beans (olive oil, water, cream, etc)
- Fresh garlic to taste
- Salt, pepper, and seasoning to taste

Blend beans, vegetables, and seasoning while slowly adding liquid ingredients until smooth and creamy

Tip: Using a blender will require more liquid to blend smoothly where a food processor can blend beans without any added liquid



Fall Tips & Recipes



As the days get shorter, and the trees change color, warm, hearty meals become more and more inviting. The oven can warm up a whole house on a chilly evening, so why not roast a spread of seasonal vegetables? Fall is also a great time to preserve the fruits of the season, and there's a preservation section at the end of this guide.

Fall Produce

October, November,
December

Arugula, bok choy, greens, carrots, pumpkins, sweet potatoes, winter squashes, corn, green shell peas, potatoes, sunchokes, artichokes, beets, brussels sprouts, cabbages, cauliflower, celery, celery root (celeriac), cucumber, fennel, green beans, kohlrabi root, leeks, lettuce, onions, parsnip, peppers, radicchio, radish, tomatillos, tomatoes, turnips

Early Fall Salsa

Early fall is a great time to make salsa with the last harvest of tomatoes, tomatillos, and peppers. Even unripe green tomatoes are great in a tart salsa verde. A simple salsa is always great to have on hand as a dip and for adding to rice, soup, beans, and as a topping on eggs, chicken, tacos, or whatever you're eating that needs a spoonful of flavor. This is a great recipe to adjust and get creative with.

Ingredients:

- 1 LB of tomatoes and/or tomatillos with the center stem cut out, diced
- 1/2 medium white or yellow onion, diced
- 1/4 cup medium or spicy peppers of your choosing, minced
- 1/2 cup cilantro or another leafy herb like parsley, minced
- 1 TB lime juice
- 1-2 cloves of garlic, minced
- Salt to taste

Stir ingredients together in a large bowl and then keep salsa chilled in the fridge until serving.
Optional: roast tomatoes and tomatillos under the broiler for five minutes then let them cool before dicing



Leftover Lunch Tacos

Leftovers can get boring, but tacos never are, so put your leftovers on a tortilla and call that lunch! Here are some tips on making your leftovers into amazing tacos

Basic ingredients:

1-2 cups of leftover meat or protein like beans or tofu

1-2 cups of leftover vegetables

2 TB water or broth

1 TB of lime juice

1 TB refined coconut oil or high heat oil

DIY taco seasoning: paprika, chili, cayenne, cumin, garlic powder, onion powder, salt

Directions and tips:

- Choose leftover proteins and vegetables that will taste good together with taco seasoning or change the seasoning to match your leftovers
- Reheat your leftover proteins and vegetables in a pan on medium low heat with oil and water or broth for 5-10 minutes
 - Stir every minute so the ingredients don't burn or stick to the bottom
- Make sure to heat your tortillas up before plating your tacos
 - tortillas can be warmed over a propane burner, on a hot pan for 30 seconds on each side, or wrapped in a towel in the microwave for 30 seconds
- Dress your tacos with fresh greens, herbs, chopped onion, and your favorite salsa or dressing

Tips for Roasting 14 Vegetables

- Roast between 375-450 F
- Use high heat oils (avocado, coconut, peanut, safflower) and avoid low heat oils (olive oil)
- Roast vegetables together that have similar cooking times (tenderness)
 - ex. Zucchini and summer vegetables
 - ex. Squashes and pumpkins
- Add just enough oil by adding 1 teaspoon at a time and stirring the vegetables between teaspoons to get the vegetables coated evenly but not dripping
- Rotate or stir vegetables every 15 minutes to get them crisp on every edge (this will also help prevent them from burning)
- Chop vegetables up into 1 inch cubes or larger
- Roasted vegetables are done when you can stab them easily with a fork and they have golden or browned edges
- In order to prevent burning, only add small amounts of seasoning and sugar to vegetables before roasting. Add more to your liking after.

Mashed Veggies

Mashing isn't only for potatoes. Almost any root vegetable and winter squash or pumpkin can be mashed for a delicious side that can be sweet or savory or a combination of both!

Here's a list of vegetables that you can mash like mashed potatoes: any kind of potato, sweet potatoes, yams, carrots, pumpkins (without the skin), any kind of winter squash like butternut squash and acorn squash, sunchoke, turnips, beets, kohlrabi, and even cauliflower!

Basic Mash Instructions:

1. Wash and prepare your chosen vegetables and chop into 1-2 inch cubes
2. Steam or boil your vegetable until tender (a fork can easily poke through)
3. Drain the water and return the veggies to the warm pot over the lowest heat setting
4. Add 1/2 TB of fat (like butter or coconut oil) per cup of vegetable, plus 1 TB milk or milk alternative per cup of vegetable, and add some minced up fresh herbs and spices and mash with a fork or potato masher



Winter Tips & Recipes



Winter is a wonderful time to practice your food waste prevention skills with big batches of soup, re-inspired leftovers and hot drinks warming up your kitchen and home.

The Pacific Northwest has a surprising amount of fresh vegetables in season too!

Winter Produce

late December, January, February, early March

Chards, Kales, Mizuna greens, carrots, pumpkins, sweet potatoes, acorn squash, butternut squash, hubbard squash, potatoes, sunchoke, brussel sprouts, leeks, onions, parsnips, celery root (celeriac), beets, turnip root, apples



Ten Delicious Ideas for Collards, Chard & Kale

Add collard greens to slow cooking meat dishes. They taste better the longer they cook just like brisket.

Add collards or kale to your next batch of soup. They can withstand the heat and will add some greens.

Add shredded collards into stir fry, but make sure to shred them thin and add them first so they cook nicely

Add shredded collards, chard or kale into a casserole. They can handle the heat and cheese!

Blanch collards, chard, or kale and then use them as the greens in your next batch of pesto. See page 17.

Add collards or kale into a big pot of chili. They can simmer along with the beans without falling apart.

Try Collards, chard, or kale shredded raw into salad or coleslaw

Use your hands to massage chopped kale in a large bowl with lemon juice and salt until it's soft and juicy

Cook kale, chard, or collards with your morning eggs to start your day with an enormous amount of nutrients

Keep it classic and cook collards with black eyed peas and some ham hocks either in a pot or a slow cooker

Coleslaw

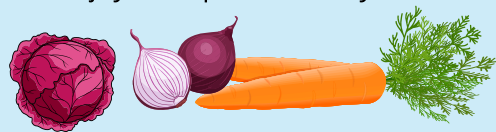
Coleslaw is a great way to add fresh, seasonal, and raw vegetables into your winter diet. It's also a great way to use up leftover vegetables!

Ingredients:

- 1/2 red cabbage
- 1/2 red onion
- optional: 1 cup of leftover raw vegetables that are edible raw and that don't have wet centers
Good examples: carrots, kale, jicama, peppers, chard stems
Bad examples: tomato, cucumber
- 4TB mayo
- 2TB vinegar (apple cider, rice, or balsamic)
- 2 TB honey, sugar, or your favorite sweetener
- 1 pinch of salt
- optional: 1/3 cup mixed nuts and dried fruit

Directions:

1. Using a sharp knife, carefully slice all vegetables up into thin sticks and place in a large bowl
2. Mix together the mayo, vinegar, sweetener, and salt in a small bowl with a fork. This is your dressing.
3. Pour dressing over vegetables, add optional nuts and dried fruit, and stir until everything has some dressing on it. (Make more dressing if necessary)
4. Taste and adjust as you'd like
5. Cover and let coleslaw marinate in fridge for about one hour before serving
6. Keep coleslaw in fridge and enjoy for up to five days



Kale Soup

There's nothing like a good bowl of soup. And winter in the Pacific Northwest comes with lots of kale and cloudy days, so you might as well warm up with a super quick batch of kale soup.

Ingredients:

- 1 TB butter or preferred cooking oil
- 2 cloves garlic, minced
- 1 small onion, chopped
- 4 cups of broth (see page 18)
- 2 medium sized tomatoes, chopped, or 1/4 cup tomato sauce
- 6 cups loosely packed kale, chopped
- 2 cups canned white beans, rinsed and drained
- optional: 1-2 cups of pre-cooked sausage

Directions:

1. Prepare ingredients as described
2. Heat butter in a soup pot on medium heat for 1 minute
3. Cook chopped onion and garlic in melted butter for 2 minutes while stirring regularly
4. Add broth and tomatoes to the soup pot and bring to a boil over medium high heat
5. Once boiling, reduce heat to medium and add kale, beans, and optional sausage and cook until the kale has wilted and the sausage has plumped up (5-10 minutes)



Beverages

You can make a diverse variety of delicious beverages utilizing fresh fruit scraps, dried fruit, cranberries, frozen fruit, spices, and herbs leftover from recipes. You can add them to alcohol for an adult beverage, cook them in water to make a decadent tea, or add them to smoothies and juices.

Example Recipe:

Chicha Morada
(a purple Peruvian corn drink)

Ingredients:

- 3 dry purple corn cobs, (substitute other corn or 1 cup hibiscus flowers)
- peel of 1 pineapple
- 1 cup more or less of dried fruit and other fruit peels and cores
- 3 cinnamon sticks
- 5 cloves
- lime or citrus juice and sugar to taste
- 16 cups water

Directions:

1. Add corn, fruit, scraps, and water to a soup pot, cover, and bring to a boil
2. Keep mixture covered at a low boil for 2 hours
3. Turn off heat and add citrus juice and sugar to taste while cooling.

Serve as a hot or cold beverage or over rice with fruit.



Preservation!

Future you will thank you if you take a moment to preserve any foods that you aren't going to eat within the week. With a little prep work, you can preserve almost anything to last months or even years.

Freezing Tips

The easiest way to preserve your food!

- Do not fill hard containers or jars to the top. Leave a thumb's width of space because things expand as they freeze
- Try freezing liquids in ice cube trays
- Freeze fruit and vegetables loose on sheet trays and once frozen transfer them into bags so they don't freeze into a solid clump
- Separate large quantities into single serving portions
- Lay bags flat in order to stack them easily and thaw them more quickly
- Some vegetables should be blanched before freezing, read below!



Blanching is the process of quickly heating vegetables in boiling water and then cooling them in ice water. Doing this prepares produce for freezing by killing off bacteria, preserving flavor and nutrients, and softening them.. Blanching is an important step for preserving the quality of many frozen vegetables.

Blanching

Tips for Blanching

- Work in small batches to keep the water temperature high
- Processing time starts once water has returned to boiling after adding each batch of produce.
- Prepare a large bowl with ice cubes and water to drop your produce into after scalding. Add more ice as needed.
- Drain water from vegetables after blanching
- Store blanched vegetables flat in plastic bags so they thaw quickly



Vegetable Processing Times

- Spinach & chard: 30 seconds
- Collards & kale: 2 minutes
- Carrots: 2 minutes
- Turnips and parsnips: 2 minutes
- Potatoes: 2-3 minutes
- Summer squash: 3 minutes
- Broccoli: 3 minutes

Quick Pickles

Refrigerator pickles, or quick pickles, are an easy, versatile, and delicious way to extend the life of fresh vegetables, and they can be kept in the refrigerator for up to one month. Great vegetables for quick pickles: carrots, cucumbers, onions

Steps

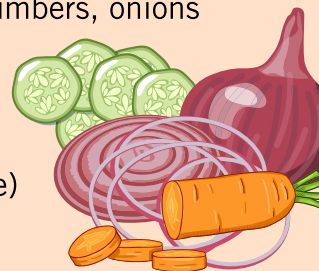
1. Sanitize jars
2. Make brine
3. Slice vegetables up 1/4" or thinner
4. Fill jar 3/4 full with sliced vegetables
5. Add 1-2 tsp of spices
6. Fill jar completely using brine (stir to release air)
7. Cover jar tightly with a lid
8. Let jar cool, then refrigerate and enjoy

Brine:

- 1 cup water
- 1 cup vinegar (white, apple cider, or rice)
- 1 TB salt
- 1 TB sugar

multiply recipe as necessary

Place brine ingredients in a pan and heat the pan on medium heat until the sugar and salt are dissolved (2-5 minutes)



Scraps!

Regrow

You can use and then regrow some vegetables! Especially ones that have some roots left at the bottom like green onions, leeks, and celery.



- For green onions: leave an inch or more of the bottom (the white end) and place in water
- For leeks: leave a half inch of the root end and place in water
- For celery: Leave the inner most stems or the bottom 3 inches and place in water
- For basil: place a stem with at least two segments of leaves in water
- For all: change water every few days
- For all: Once roots are at least an inch long, you can transplant into soil

Great in broth: vegetable peels, stems, cores, and leaves, like the tops of root vegetables; bones
Avoid: potato and tomato stems and leaves

Broth

Scraps are great for making broth. If you're not sure when you'll be making the broth, try keeping a container or bag in the freezer to put scraps in for making broth later!

To make broth:

- Add 2-6 cups of scraps to a soup pot
- Fill pot with water
- Cover with a lid bring the water to a boil on medium high heat
- lower heat and let simmer for 1 hour
- Cool, strain out scraps and jar broth



Use for: soup, sauces, or instead of water when making grains

Natural Dye

You can use vegetable and fruit scraps to make natural dye for adding color to your life! Natural dyes work best on paper, cotton and animal fibers like wool

Great for making dye:

- coffee grounds (brown)
- onion skins (golden tan)
- red cabbage (pink, purple, or blue depending on pH)
- tea leaves (brown),
- rosemary (pink),
- grapes (pink),
- turmeric (yellow)



One easy method:

1. Add 2-3 cups of scraps to 3-5 quarts of water in a large pot
2. Bring water and scraps to a boil
3. Add material that you want to dye and then turn off heat
4. Cover and let soak 6-24 hours

Not sure when to compost your scraps? Follow your nose.

Anything that smells bad or has gotten moldy should not get re-used or preserved and can go into the municipal compost.

What's accepted in municipal compost?

- All food scraps, including meat and bones
- wet or oily cardboard boxes
- Utensils and paper goods that say "compostable"

What's not accepted?

- Plastic, metal, and synthetic material

Compost

Sometimes we just need to compost our food waste, and that's OK! Choosing to take food out of plastic and adding it into the municipal compost is much better for the earth than adding it to the trash.



More Resources

Learn about starting a composting system at home

- Become a Master Composter with Tilth Alliance at tilthalliance.org
- Check out "Backyard Food Composting" at Kingcounty.gov

Learn more about food shelf-life and storage

- Check out stilltasty.com
- Check out eatbydate.com

Learn about expiration dates from kingcounty.gov:

- A "Sell-By" date tells the store how long to display the product for sale. You should buy the product before the date expires. But you can still store it at home for some time beyond that date, as long as you follow safe storage procedures.
- A "Best if Used By (or Before)" date is recommended for best flavor or quality. It is not a purchase or safety date.
- A "Use-By" date is the last date recommended for the use of the product while at peak quality. The date has been determined by the manufacturer of the product.
- "Closed or coded dates" are packing numbers for use by the manufacturer.

Learn more about food preservation with the National Center for Food Preservation at nchfp.uga.edu

Learn about making natural cleaning products out of your food scraps

- Orange and citrus fruit peels have oils that cut grease and you can add them to vinegar or use them by themselves to powerfully and safely clean surfaces. Recipe at wholefully.com/homemade-all-purpose-cleaner
- Learn to make apple cider vinegar at wikihow.com/make-apple-cider-vinegar

To learn more recipes that make the most out of the food you bring home

- Talk with an elder in your community and ask them to share recipes and tips. Our elders are the deepest resource we have to learn how to waste less and save more
- Try using pinterest.com and other search engines to look up food scrap recipes
- Check out "Food: Too Good to Waste" at Kingcounty.gov

tilth

ALLIANCE



WHERE GOOD FOOD GROWS