- Farm produce



IT'S ALL GOOD

Boost the flavour and nutrition of fresh produce by using every part of it, from root to stem. Here's how to do it.

Did you know that sliced watermelon rinds can add cucumber-like crunch (and lots of colour) to a salad?

Or that broccoli stems are delicious when shredded to serve as 'rice'?

Have you ever had the pleasure of eating hearty, earthy sautéed beetroot greens?

Using parts of fruits and vegies that you might normally throw away is a great way to maximise nutritional value, add flavour and reduce wasted food. Just think about how peels and stems function for the plant: Peels protect the insides of produce with antioxidants and fibre. And because stems serve as the arteries of plants, they're packed with nourishing vitamins and minerals. We show you how to get the most out of your produce – and save money and garbage space in the process.

1 *Prep your produce*

Remove dirt, grime and any browned bits before going all in.

HOW TO

Wash fruit and vegies

Yes, you need to! Produce picks up dirt and chemicals on its way from the farm to your kitchen. Try these tips to get it squeaky clean.

- **Skip soap and bleach** Fruit and vegies are porous, so washing them in soap or bleach is a big no-no, as produce can absorb these often fragrant chemicals. A simple rinse with water should do the trick.
- **Try baking soda** A cold-water soak with baking soda can also work. Go for 1 tablespoon of baking soda per two cups of cold water and soak for about 12 to 15 minutes.
- **Wait to wash** Washing produce before storing it can speed up spoilage. Instead, rinse it just before you eat it. If you do choose to wash it before putting it into your crisper, dry it thoroughly to reduce the risk of mould.

2 *Use every last bit*

HOW TO

Eat everything in the fridge

Here are a few of our favourite strategies for clearing out the crisper.

1. **MAKE A SMOOTHIE** Cucumber peels, carrot tops and spinach stems can all be thrown into a blender to give your morning sip more fibre and vitamins. Feel free to freeze uneaten avocado, ginger, etc, for future blends.
2. **SAVE FOR STOCK** Stash any components that don't get incorporated during daily cooking – for example, unused leek greens, parsnip ends, onion peels – in the freezer, and then make a vegie stock or broth with them.
3. **DIY A SALAD MIX** Don't be afraid to toss heaps of fresh herbs into your next bowl of greens. It's a stress-free (and tasty!) way to use up a bunch. Even better, drizzle on a dressing that includes an entire lemon, rind and all.

3 *Recycle the rest*

HOW TO

Turn scraps into soil

Composting isn't as hard as it may seem, and the results can help your garden grow.

- **COLLECT EXTRAS** When you prep meals or snacks, keep a small bowl nearby to gather eggshells, fruit and vegie waste and crumbs. Store in the freezer or in an indoor composting container until you're ready to compost.
- **CHOOSE A METHOD** There are many ways to compost. It can be as simple as digging a hole in your yard or using an outdoor compost bin to combine food waste with leaves and grass clippings (you'll need to water and turn the pile).
- **REAP THE BENEFITS** Composting cuts down on the rubbish you create and how often you need to replace the garbage bag (saving plastic) – and less rotting food waste means fewer smells and insects. Also, if you compost at home, in a matter of months you'll have nutrient-rich soil to use in your garden or to nourish houseplants. P

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