

Many gardens are a sight to behold this time of the year! Tomatoes, peppers, eggplant, herbs, squash, cucumbers, berries, apples, chard, kale, asparagus, onions, and peaches to name a few. Abundance can often turn into waste. The USA wastes \$400 million and tons of food per year according to [Feeding America](#). When you prepare food to be eaten raw, cooked, or preserved for later, there are often food scraps associated with the process. We are encouraging folks to use the food scraps. You can turn cores, peels, stems, and rinds into delicious food.

Maybe have a container in the freezer to throw all your scraps and bits into, later to be turned into soup stock. Carrot tops, fava leaves, and arugula can be turned into pesto and frozen for later. Herbs can be chopped and frozen into ice cube trays in Tablespoon amounts to be ready for a recipe later. Herbs can also be dehydrated. Herbed salt, flavored sugars and compound butters are delicious and add a little something extra to your menu.

Refrigerator pickles are a great way to use up extra pieces of carrots, chard stems, beans, zucchini, and cucumbers. You can reduce your grocery bill by using food scraps-wasting food is wasting money and resources. Attend a class on using food scraps or share the ways you use your food scraps with us! Practice zero waste cooking. Listed below are some links to give you a few ideas.

Bon Appetit!

Food Scraps Resources

Vegetable Stock

<https://blogs.cornell.edu/cceclintoncounty/2015/03/09/making-vegetable-stock/>

Tomato Salt or Powder

<https://ucanr.edu/sites/camasterfoodpreservers/files/334013.pdf>

<https://food52.com/recipes/37175-tomato-skin-salt>

Apples

<https://foodprint.org/blog/how-to-use-apple-peels-and-cores/>

<https://www.thespruceeats.com/apple-scrap-vinegar-1327756?print>

<https://food52.com/recipes/38604-apple-peel-tea>

<https://www.splendidtable.org/story/2014/05/07/apple-core-agrodolce>

<https://www.foodnetwork.com/recipes/homemade-pectin-recipe-1926449>

Herbs/Citrus

https://mfp.ucanr.edu/Resources_/Recipes_and_Information/Recipe_Card_Library/Herbs_-_Spice_Blends/

<https://ucanr.edu/blogs/blogcore/postdetail.cfm?postnum=21010>

Refrigerator Pickles

<https://foodsafety.ces.ncsu.edu/2020/04/how-to-make-quick-refrigerator-pickles/>