

Item to use	Carrot tops 	Stale bread 	Cabbage leaves 	Watermelon rinds 	Stems of leafy greens 	Vegetable scraps 	Radish and beetroot leaves 	Fruit peels 
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Suggestions	<ul style="list-style-type: none"> Blend into pesto Sauté for a iron rich side dish Add to a stir-fry blend into a smoothie 	<ul style="list-style-type: none"> bread and butter pudding croton French toast make into breadcrumbs Slice season and bake into crackers 	<ul style="list-style-type: none"> Sauté with lemon and garlic stuffed cabbage roles 	<ul style="list-style-type: none"> Pickled Chutney Candied for a sweet treat make into cold soup gazpacho Add to Indian curry 	<ul style="list-style-type: none"> Sauté with garlic and butter Add to stir fry Pickels Flavour stews and soups Pesto Blend into a smoothie 	<ul style="list-style-type: none"> Place spring onions, celery, lettuce ends in water to regrow Plant sprouting potatoes Freeze scraps including onion and garlic skins potato and carrot peels. 	<ul style="list-style-type: none"> salad soup pesto, <u>hummus.</u> 	<ul style="list-style-type: none"> homemade air fresheners Candied skins Jams
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- Fruit peel jam:** Simply cook the peels in water for 25–30 minutes, strain the peels, and boil the liquid on high heat with sugar and lemon juice before pouring it into sterilized jars or cans.
- Candied citrus peel** Method STEP 1 Cut the fruit into 8 wedges, then cut out the flesh, leaving about 5mm thickness of peel and pith. Cut each wedge into 3-4 strips. STEP 2 Put the peel in a pan and cover with cold water. Bring to the boil, then simmer for 5 mins. Drain, return to the pan and re-cover with fresh water. Bring to the boil, then simmer for 30 mins. STEP 3 Set a sieve over a bowl and drain the peel, reserving the cooking water. Add 100g sugar to each 100ml water you have. Pour into a pan and gently heat, stirring to dissolve the sugar. Add the peel and simmer for 30 mins until the peel is translucent and soft. Leave to cool in the syrup, then remove with a slotted spoon and arrange in 1 layer on a wire rack set over a baking sheet. Put in the oven at the lowest setting for 30 mins to dry. STEP 4 Sprinkle a layer of sugar over a sheet of baking parchment. Toss the strips of peel in the sugar, a few at a time, then spread out and leave for 1 hr or so to air-dry. STEP 5 Pack the peel into an airtight storage jar or rigid

container lined with baking parchment. Will keep for 6-8 weeks in a cool, dry place. STEP 6 To make into a delicious gift, melt the chocolate in a small bowl. Dip the candied orange peel into the chocolate to half-coat them, shaking off the excess. Put them on baking parchment to set, then pack into small cellophane bags tied with ribbon or pretty kitchen string.

- **Bread and butter pudding:** Heat oven to 140C/fan 120C/gas 1. Stir the custard together with the milk. Trim the crusts from the bread, cut into triangles, then place in a large bowl with the raisins or dried cherries. Pour over the custard mixture, then carefully stir everything together so all the pieces of bread are coated. Lightly grease a small ovenproof dish with butter, then spoon in the mixture. STEP 2 Cook for 30-35 mins until there is just a slight wobble in the centre of the custard. Sprinkle over the sugar to cover the surface, then pop under a hot grill for 1-2 mins until the sugar starts to melt and caramelise.
- **Veg scrap stock** Remove the tops/bottoms/skins/stems from any vegetables you are preparing and place them in a ziplock bag - they can stay frozen up to 6 months. Continue like this until bag is full. Dump bag into pot and fill $\frac{3}{4}$ of the pot (or until scraps just start to float) with water. Bring water to a boil and then let it simmer for at least 30 minutes. Strain water out of stock. Refrigerate stock up to 4 days, or freeze up to 3 months.