



Pennsylvania
Resources
Council

In the Kitchen



FROM INEDIBLE to EDIBLE

EAT WELL, SAVE MONEY, WASTE LESS



Nearly 40% of all food in America is wasted

Why should WE care about food waste?

You can have a direct effect on reducing residential waste, which in turn has personal, local, and global impacts!

DO IT FOR YOURSELF
Eat well while saving money

DO IT FOR OTHERS
Fight food insecurity & support local farmers

DO IT FOR THE PLANET
Conserve natural resources, lower greenhouse gas emissions & save space in landfills

RESOURCES

Discover many, many resources on the internet or in the library.

HERE'S A FEW TO GET YOU STARTED

Book: *The Art of Fermentation* by Sandor Katz (2012)
Online: ballmasonjars.com
allrecipes.com

SCRAP PANTRY IDEAS



FANCY FLAVORED DRINK OR DRESSING

Try making an infused or fermented vinegar or soda! Use up peels, scraps or tops and herb stalks to create tasty salad dressings, marinades, or a beverage! Typically these are expensive store bought products!

BROTH/STOCK FOR HOMEMADE SOUPS

Make a delicious soup broth base using veggie scraps, bones, shrimp shells, herb stalks and corn cobs. You can collect these items in a bag in your freezer until you are ready to make it!



SYRUPS, CANDIES & PICKLES!



- Infuse a simple syrup by soaking fruit scraps and herb stalks in equal amounts water and dissolved sugar. Add to baked goods, carbonated water, or fruit salad.
- Fruit peels can be transformed into a candy and are great addition to salads, baked goods, or trail mix!
- Pickled watermelon rinds are easy to make and are a great snack or can be included in a slaw or salad!



OR JUST EAT IT!

These things are edible! Join the hardcore club and eat the apple core. Don't peel (de-skin) eggplant, squash, cucumber, kiwi and potatoes. Or fry up those potato skins or even fish skins for a delicious snack!



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