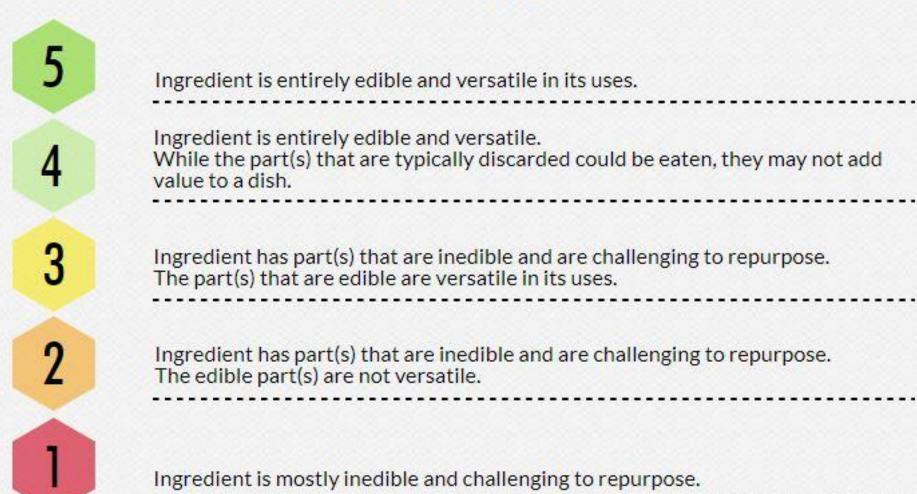
Ingredient Yield Heat Map

Our heat map helps you reduce food waste by providing insight into what parts of a vegetable or fruit are edible and recommendations on how to prepare or repurpose typically unused parts.



Acorn Squash



SEASON: Fall/Winter

5

REASON:

- The entire ingredient is edible, including the skin and seeds.
- Compared to other types of squash, the skin of acorn squash is typically thin and delicate.
- It's simple and easy to cook.

- Seeds can be toasted and eaten like pumpkin seeds.
- Could be used as an edible bowl (like a bread bowl).
- SAMPLE DISH: rice pilaf, garnished with toasted acorn squash seeds served in an acorn squash bowl.

Avocado



SEASON: Summer

- REASON:

 Avocado skin is not edible. However, the flesh and seed are edible.

 The seed is edible but only in small quantities, and it would be challenging to repurpose in a kitchen.

- Be sure to fully scrape the inside of the skin. The darker-green flesh just underneath the skin is edible and extremely healthy.
- SAMPLE DISH: Consider using in a gelato or chocolate mousse.

Banana



SEASON: Year-Round

4

REASON:

- The entire ingredient is edible, including the peel, but the peel can be challenging to repurpose.
- The banana flesh, which is called the "pulp" is a versatile ingredient.

- If working with organic bananas, the peel can be used as a wrap to steam food, or as a waterproof serving dish. The peel can also be added to smoothies.
- Caramelize overripe bananas, use them to make gluten-free pancake batter (just eggs and bananas), or add to smoothies.

Broccoli



SEASON: Summer/Fall

REASON: The entire ingredient is edible, including the leaves and stalks. The ingredient is versatile and typically easy to prepare.

- Unless the stalk is going to be eaten raw, it does not need to be peeled.
 SAMPLE DISHES:
- - The leaves can be sautéed or used in a pesto
 Roasted broccoli stalks or broccoli slaw using stalks.

Corn



SEASON: Summer

- Parts are inedible and/or challenging to repurpose.
- The corn silk can be repurposed and has a lot of health benefits.
 Leftover corn cob and corn husks are not edible but can be repurposed.

- Corn silk can be dried and used to make tea.
- Leftover corn cob can be used to make flavorful stock and soups. Please note: Making stock or broth will take up substantial space in the walk in if it is not going to be used immediately.
- Corn husks can also be used instead of cheesecloth to bundle herbs and aromatics.

Pineapple



SEASON: Spring/Summer

REASON:

The entire ingredient is edible, including the skin and core.
The texture of the skin is difficult to work with and is challenging to repurpose.

REDUCTION TIPS:

 If you're going to remove the core, save them and use in juices or smoothies. You can also use them as an aromatic.

Pumpkin



SEASON: Fall

The entire ingredient is edible, including the skin and seeds.
If the pumpkin is young and small, it can be a versatile ingredient. REASON:

- Toast the pumpkin sees, use it as a garnish or in crackers made in-house.
- SAMPLE DISHES
 - Roast young, small pumpkins and serve as is.
 - Roasted pumpkin can be puréed and used in pasta dishes, e.g. ravioli filling.

Radish



SEASON: Summer/Fall

REASON: • The entire ingredient is edible, including the skin, tops, and greens.

- If you're going to peel the radish, save the peels and pickle them.
 SAMPLE DISH: Chimichurri made with radish leaves.

Strawberry



SEASON: Late Spring/Early Summer

The entire ingredient is edible, including the leaves and seeds.

REASON: • The tops with the leaves are not very flavorful and may not add a lot of value to a dish, but they can be repurposed.

- If you're going to remove the tops of strawberries, use them to infuse water.
- Use overripe strawberries to make syrups, sauces, or pastry fillings.

Watermelon



SEASON: Summer

5

REASON: • The entire ingredient is edible, including the skin and seeds.

REDUCTION TIPS:

Pickle the watermelon rind to add flavor to a dish.