

## APPENDIX G: PRODUCE YIELD RANKING TOOL

### PRODUCE YIELD RANKING TOOL

<b>5</b>	Ingredient is entirely edible and versatile.
<b>4</b>	Ingredient is entirely edible and versatile, the part(s) that is/are typically discarded could be used, but may not add value to a dish.
<b>3</b>	Ingredient has part(s) that are NOT edible and are challenging to repurpose, but what is edible is versatile.
<b>2</b>	Ingredient has part(s) that are NOT edible and challenging to repurpose, and the edible part(s) are not versatile.
<b>1</b>	Ingredient is mostly INEDIBLE and challenging to repurpose.

#### THIS RUBRIC IS BASED ON:

- How much of an ingredient is edible,
- How versatile the ingredient is, and
- How much value it will add to a dish and the guests' dining experience.

### VEGETABLES

Ingredient	Score	Reasons	Recommendations
<b>Acorn Squash</b>	<b>5</b>	<ul style="list-style-type: none"> <li>• The entire ingredient is edible, including the skin and seeds.</li> <li>• Compared to other squash, the skin of acorn squash is typically thin and delicate.</li> <li>• It's simple and easy to cook.</li> </ul>	<ul style="list-style-type: none"> <li>• Seeds can be toasted and eaten like pumpkin seeds.</li> <li>• Could be used as an edible bowl (like a bread bowl).</li> <li>• <b>SAMPLE DISH:</b> Rice pilaf, garnished with toasted acorn squash seeds served in an acorn squash bowl</li> </ul>
<b>Artichoke</b>	<b>2</b>	<ul style="list-style-type: none"> <li>• Most of the artichoke is not edible and would be challenging to repurpose.</li> <li>• Leaves can be cooked and eaten, but the yield is very low; so it would not add much value to a dish.</li> <li>• The heart of the artichoke is the only true edible part.</li> </ul>	
<b>Asparagus</b>	<b>5</b>	<ul style="list-style-type: none"> <li>• The entire ingredient is edible, but yield depends on quality.</li> <li>• The thick ends that are lighter in color should be snapped off and can be repurposed.</li> <li>• Does not need to be peeled - the skin and leaf sheaths are edible.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>SAMPLE DISH:</b> Spring asparagus and pea risotto or soup using the ends.</li> <li>• <b>REDUCTION TIP:</b> If you choose to peel asparagus, use the peel to make soup or immediately emerge the peelings into cold water with ice. The peelings will curl and can be used as a garnish. The asparagus curls can enhance the aesthetics of a dish and tie it together. Another alternative is to use a paring knife to remove the leaf sheaths.</li> </ul>
<b>Beets</b>	<b>5</b>	<ul style="list-style-type: none"> <li>• The entire ingredient is edible including the skin and leaves</li> </ul>	<ul style="list-style-type: none"> <li>• <b>SAMPLE DISH:</b> Beet green salad or sautéed beet greens.</li> </ul>
<b>Bell Peppers</b>	<b>4</b>	<ul style="list-style-type: none"> <li>• Entire ingredient is technically edible</li> <li>• The seeds and ribs are bitter raw and even if repurposed would not add value to a dish.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>REDUCTION TIP:</b> Do not hack off the tops and bottoms, perfectly edible and delicious flesh is lost. If you must consider saving them for a salsa or other side.</li> </ul>

## VEGETABLES

Ingredient	Score	Reasons	Recommendations
<b>Broccoli</b>	5	<ul style="list-style-type: none"> <li>The entire ingredient is edible, including the leaves and stalks.</li> <li>The ingredient is easy to prepare and versatile.</li> </ul>	<ul style="list-style-type: none"> <li><b>SAMPLE DISH:</b> Roasted broccoli stalks or broccoli slaw using stalks.</li> <li><b>SAMPLE DISH:</b> The leaves can be sautéed or used in a pesto.</li> <li><b>REDUCTION TIP:</b> Unless the stalk is going to be eaten raw, it does not need to be peeled.</li> </ul>
<b>Brussel Sprouts</b>	4	<ul style="list-style-type: none"> <li>While the entire ingredient is technically edible, the stalk is difficult to prepare, and even if you did cook it, the stalk would not add much value to a dish.</li> <li>Sprouts and leaves are completely edible and easy to prepare.</li> </ul>	
<b>Butternut Squash</b>	4	<ul style="list-style-type: none"> <li>The entire ingredient is edible, including the skin and seeds.</li> <li>The flavor and texture of the skin, depend on its quality. Typically, the bigger the squash, the thicker the skin. If the skin is really thick, it may still be difficult to chew even if it is cooked.</li> </ul>	<ul style="list-style-type: none"> <li><b>SAMPLE DISH:</b> Cut the squash into steaks and grill or roast them.</li> <li><b>SAMPLE DISH:</b> Make butternut squash soup or a puree with toasted seeds.</li> <li><b>REDUCTION TIP:</b> Keep the peel to make a broth or stock. Please note: making stock or broth will take up space in the walk-in if it is not going to be used immediately.</li> <li><b>REDUCTION TIP:</b> Often times, butternut squash are cut into medium-sized dice, which can result in a lot of trim. If you are going to cut the squash into dice, use the trim to make a puree or soup.</li> </ul>
<b>Cabbage</b>	4	<ul style="list-style-type: none"> <li>The entire ingredient is edible, core and outer leaves, included.</li> <li>The outer leaves are tough to eat, and the core will require additional cooking.</li> </ul>	<ul style="list-style-type: none"> <li><b>REDUCTION TIP:</b> Use the outer leaves of a cabbage to line steamer baskets for dumplings.</li> <li><b>SAMPLE DISH:</b> Stir fry with cabbage core and braised cabbage core.</li> </ul>
<b>Carrots</b>	5	<ul style="list-style-type: none"> <li>The entire ingredient is edible, including the tops and greens.</li> <li>Carrots are a very versatile and useful ingredient.</li> </ul>	<ul style="list-style-type: none"> <li><b>SAMPLE DISH:</b> Pesto from carrot tops and greens.</li> <li><b>REDUCTION TIP:</b> Save trim waste from julienning, small dicing or brunoising and use for a puree, carrot soup, or mirepoix.</li> </ul>
<b>Cauliflower</b>	5	<ul style="list-style-type: none"> <li>The entire ingredient is edible, including the leaves and stalks.</li> <li>The ingredient is easy to prepare and versatile.</li> </ul>	<ul style="list-style-type: none"> <li><b>SAMPLE DISH:</b> Braised or sautéed cauliflower leaves.</li> <li><b>REDUCTION TIP:</b> The stalks and core could be added to a stir fry or used for cauliflower soup.</li> </ul>
<b>Celery</b>	5	<ul style="list-style-type: none"> <li>The entire ingredient is edible, including the tops, bottoms, and leaves.</li> <li>The ingredient is versatile and easy to prepare.</li> </ul>	<ul style="list-style-type: none"> <li><b>REDUCTION TIP:</b> Use leaves as garnish and slice the tops and bottoms and use as mirepoix, add to salads, put in stews or pot pies.</li> <li><b>REDUCTION TIP:</b> If you choose to peel celery, use the peel to make soup or immediately emerge the peelings into cold water with ice. The peelings will curl and can be used as a garnish.</li> </ul>

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<b>Chard</b>	5	<ul style="list-style-type: none"> <li>The entire ingredient is edible and versatile, including the stems.</li> </ul>	<ul style="list-style-type: none"> <li><b>SAMPLE DISH:</b> Pickled chard stems or deep fried chard stems.</li> <li><b>SAMPLE DISH:</b> Chard salad, gratin, and/or pasta.</li> </ul>
<b>Collards</b>	5	<ul style="list-style-type: none"> <li>The entire ingredient is edible and versatile.</li> <li>Collards can stand up to long cooking times, so you can leave the stems on.</li> </ul>	<ul style="list-style-type: none"> <li><b>SAMPLE DISH:</b> Braise or blanch collards, or eat them raw or use the collards as wraps.</li> </ul>
<b>Corn</b>	3	<ul style="list-style-type: none"> <li>Parts are inedible and/or challenging to repurpose</li> <li>The corn silk can be repurposed and has a lot of health benefits.</li> <li>Leftover corn cob and corn husks are not edible but can be repurposed.</li> </ul>	<ul style="list-style-type: none"> <li><b>REDUCTION TIP:</b> Corn silk can be dried and used to make tea.</li> <li><b>REDUCTION TIP:</b> 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.</li> <li><b>REDUCTION TIP:</b> Corn husks can also be used instead of cheesecloth to bundle herbs and aromatics.</li> </ul>
<b>Eggplant</b>	4	<ul style="list-style-type: none"> <li>The entire ingredient is edible, but the leaves are not very flavorful; so they would not add much value to a dish.</li> <li>The ingredient is very versatile and used in a variety of cuisines.</li> </ul>	<ul style="list-style-type: none"> <li><b>REDUCTION TIP:</b> If you plan on cutting the eggplant into dice cuts, use the trim to make an eggplant puree, which can add sweetness, color, and texture to a dish.</li> </ul>
<b>Fennel</b>	4	<ul style="list-style-type: none"> <li>The entire ingredient is edible, but the bulb is the most versatile part of fennel.</li> <li>The stalk and fronds are edible, but require a lot of time and space to repurpose.</li> </ul>	<ul style="list-style-type: none"> <li><b>SAMPLE DISH:</b> Fennel bulb sandwiches, fennel gratin, and fennel salad.</li> <li><b>REDUCTION TIP:</b> Use the stalks to make broths and infused oils.</li> <li><b>REDUCTION TIP:</b> Use the fronds as a garnish.</li> </ul>
<b>Garlic</b>	4	<ul style="list-style-type: none"> <li>The entire ingredient is edible.</li> <li>The wrappers are edible but are challenging to repurpose and would not add much value to a dish.</li> </ul>	
<b>Green Beans</b>	4	<ul style="list-style-type: none"> <li>The entire ingredient is edible and versatile.</li> <li>The ends are removed because they are tough and fibrous and are still difficult to eat even after they're cooked.</li> </ul>	
<b>Kale</b>	5	<ul style="list-style-type: none"> <li>The entire ingredient is edible, including the stems.</li> </ul>	<ul style="list-style-type: none"> <li><b>SAMPLE DISH:</b> Fermented or sautéed kale stems.</li> <li><b>SAMPLE DISH:</b> Risotto with finely chopped kale stems.</li> </ul>
<b>Leeks</b>	4	<ul style="list-style-type: none"> <li>The entire leek is edible, however, the smaller white and light green parts of the leek are typically desired, and the rest is discarded.</li> </ul>	<ul style="list-style-type: none"> <li><b>SAMPLE DISH:</b> Break down the tough leek greens vertically, chop them into bite size pieces, and stir fry them with minced pork and aromatics.</li> <li><b>REDUCTION TIP:</b> Flash fry the roots and use them as toppings on salads or in sandwiches and burgers.</li> </ul>

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<b>Lettuces</b>	5	<ul style="list-style-type: none"> <li>The entire ingredient is edible, including the bottoms.</li> </ul>	<ul style="list-style-type: none"> <li><b>REDUCTION TIP:</b> Instead of throwing out the bottoms, shred them and use them as a topping on mexican dishes.</li> </ul>
<b>Lima Beans</b>	2	<ul style="list-style-type: none"> <li>The pods of lima beans are inedible and challenging to repurpose.</li> <li>Removing lima beans from their pods is time consuming.</li> </ul>	
<b>Mushrooms</b>	5	<ul style="list-style-type: none"> <li>The entire ingredient is edible, including the stems.</li> </ul>	<ul style="list-style-type: none"> <li><b>REDUCTION TIP:</b> If you remove the stems of mushrooms, chop them and cook them in pasta sauces, stuffings, noodle dishes, or vegetable pate.</li> </ul>
<b>Okra</b>	5	<ul style="list-style-type: none"> <li>The entire ingredient is edible, including seeds, stem, and leaves.</li> </ul>	
<b>Onions</b>	4	<ul style="list-style-type: none"> <li>The entire ingredient is edible, but onion skin is challenging to repurpose and would not add much value to a dish.</li> </ul>	
<b>Peas</b>	4	<ul style="list-style-type: none"> <li>The leaves, stem, and tendrils of a pea plant are all edible.</li> <li>The pods of peas are tough and challenging to repurpose.</li> </ul>	<ul style="list-style-type: none"> <li><b>REDUCTION TIP:</b> The leaves, stems, and tendrils can be stir fried with a little broth or added to soup.</li> </ul>
<b>Potatoes</b>	5	<ul style="list-style-type: none"> <li>The entire ingredient is edible, including the skin.</li> </ul>	<ul style="list-style-type: none"> <li><b>REDUCTION TIP:</b> Consider deep frying the skin and using it as a garnish.</li> </ul>
<b>Pumpkins</b>	4	<ul style="list-style-type: none"> <li>The entire ingredient is edible, including the skin and seeds.</li> <li>If the pumpkin is young and small, it can be a versatile ingredient.</li> </ul>	<ul style="list-style-type: none"> <li><b>REDUCTION TIP:</b> Toast the pumpkin seeds, use it as a garnish or in crackers made in-house.</li> <li><b>SAMPLE DISH:</b> Roasted young pumpkin; roasted pumpkin ravioli.</li> </ul>
<b>Radishes</b>	5	<ul style="list-style-type: none"> <li>The entire ingredient is edible, including the skin, tops, and greens.</li> </ul>	<ul style="list-style-type: none"> <li><b>SAMPLE DISH:</b> Chimichurri made with radish leaves.</li> <li><b>REDUCTION TIP:</b> If you're going to peel the radish, save the peels and pickle them.</li> </ul>
<b>Spinach</b>	5	<ul style="list-style-type: none"> <li>The entire ingredient is edible, including the stems.</li> </ul>	<ul style="list-style-type: none"> <li><b>REDUCTION TIP:</b> If you remove the stems, cook them in pasta, sauté them, or add them to a smoothie.</li> </ul>
<b>Summer Squash</b>	5	<ul style="list-style-type: none"> <li>The entire ingredient is edible, including the skin and squash blossoms.</li> </ul>	<ul style="list-style-type: none"> <li><b>SAMPLE DISH:</b> Fried squash blossoms.</li> </ul>
<b>Turnips</b>	5	<ul style="list-style-type: none"> <li>The entire ingredient is edible, including the skin and leaves.</li> </ul>	<ul style="list-style-type: none"> <li><b>SAMPLE DISH:</b> Raw young turnips slaw.</li> <li><b>REDUCTION TIP:</b> Sauté the turnip leaves.</li> </ul>

## FRUITS

Ingredient	Score	Reasons	Recommendations
<b>Apples</b>	<b>4</b>	<ul style="list-style-type: none"> <li>The entire ingredient is edible, skin, seeds and “core” included.</li> <li>The seeds can be repurposed, but it would not add much value to a dish; and in large quantities, the seeds are poisonous.</li> </ul>	<ul style="list-style-type: none"> <li><b>REDUCTION TIP:</b> Use Bruised Apples As Natural Sweeteners, In Pastries, And/Or In Smoothies/Juices.</li> <li><b>REDUCTION TIP:</b> Remove Only The Seeds, And Use The Entire Apple. Removing The Seeds Does Not Take Much Longer Than Removing The “Core,” As Cooks Traditionally Do.</li> <li><b>REDUCTION TIP:</b> If The “Core” And Peel Are Going To Be Removed, Use It To Make Cake Or Vinegar. The Peels Can Also Be Used To Make Tea.</li> </ul>
<b>Avocado</b>	<b>3</b>	<ul style="list-style-type: none"> <li>Avocado skin is not edible. However, the flesh and seed are edible.</li> <li>The seed is edible but only in small quantities, and it would be challenging to repurpose in a kitchen.</li> </ul>	<ul style="list-style-type: none"> <li><b>SAMPLE DISH:</b> Consider Using In Gelato Or Chocolate Mousse.</li> <li><b>REDUCTION TIP:</b> Be Sure To Fully Scrape The Inside Of The Skin. The Darker-Green Flesh Just Underneath The Skin Is Edible And Extremely Healthy.</li> </ul>
<b>Bananas</b>	<b>4</b>	<ul style="list-style-type: none"> <li>The entire ingredient is edible, including the peel, but the peel can be challenging to repurpose.</li> <li>The banana flesh, which is called the “pulp” is a versatile ingredient.</li> </ul>	<ul style="list-style-type: none"> <li><b>REDUCTION TIP:</b> If Working With Organic Bananas, The Peel Can Be Used As A Wrap To Steam Food, Or As A Waterproof Serving Dish. They Peel Can Also Be Added To Smoothies.</li> <li><b>REDUCTION TIP:</b> Caramelize Overripe Bananas, Use Them To Make Gluten-Free Pancake Batter (Just Eggs And Bananas), Or Add To Smoothies.</li> </ul>
<b>Blackberries</b>	<b>5</b>	<ul style="list-style-type: none"> <li>The entire ingredient is edible, and it is a versatile ingredient.</li> </ul>	
<b>Blueberries</b>	<b>5</b>	<ul style="list-style-type: none"> <li>The entire ingredient is edible and is best used in desserts, pastries, breakfast dishes.</li> </ul>	
<b>Cantaloupes</b>	<b>3</b>	<ul style="list-style-type: none"> <li>Cantaloupe skin is not edible, but the flesh and seeds are.</li> <li>The seeds are edible and could be roasted but may not add much value to a dish.</li> </ul>	<ul style="list-style-type: none"> <li><b>REDUCTION TIP:</b> Roast The Cantaloupe Seeds. Use Them As A Garnish Or In Pastries.</li> </ul>
<b>Cherries</b>	<b>3</b>	<ul style="list-style-type: none"> <li>The stem and pits of cherries are not edible.</li> </ul>	
<b>Cucumber</b>	<b>5</b>	<ul style="list-style-type: none"> <li>The entire ingredient is edible, including the skin and seeds.</li> </ul>	<ul style="list-style-type: none"> <li><b>SAMPLE DISH:</b> Grilled Cucumbers For Those Reaching The End Of Their Shelf Life.</li> <li><b>REDUCTION TIP:</b> If You’re Going To Peel/And Or Deseed Cucumbers, Brine Them Or Add Them To Stir Fry.</li> </ul>

## FRUITS

Ingredient	Score	Reasons	Recommendations
<b>Grapes</b>	<b>5</b>	<ul style="list-style-type: none"> <li>The entire ingredient is edible.</li> </ul>	
<b>Honeydew</b>	<b>3</b>	<ul style="list-style-type: none"> <li>Honeydew skin is not edible, but the flesh and seeds are.</li> <li>The seeds are edible and could be roasted but do not add value to a dish.</li> </ul>	<ul style="list-style-type: none"> <li><b>SAMPLE DISH:</b> Roasted As A Garnish Or In Pastries.</li> </ul>
<b>Citrus: Lemons, Limes, Oranges</b>	<b>4</b>	<ul style="list-style-type: none"> <li>The entire ingredient is edible, including the peel, pith, and seeds.</li> <li>The pith can be bitter, and the seeds can be challenging to repurpose.</li> </ul>	<ul style="list-style-type: none"> <li><b>REDUCTION TIP:</b> If You're Going To Remove The Peel And Pith, Zest The Fruit To Get Another Use Out Of It And Add Flavor To A Dish.</li> <li><b>SAMPLE DISH:</b> Candied Citrus - Thinly Slice The Whole Fruit, Candy The Slices, And Add Them To Desserts.</li> </ul>
<b>Peaches</b>	<b>3</b>	<ul style="list-style-type: none"> <li>The pit is not edible and is challenging to repurpose.</li> <li>The rest of the peach is edible, including the skin.</li> </ul>	
<b>Pears</b>	<b>4</b>	<ul style="list-style-type: none"> <li>The entire ingredient is edible, skin, seeds and "core" included.</li> <li>Seeds can be repurposed, but do not add value to a dish; and in large quantities, the seeds are poisonous.</li> </ul>	<ul style="list-style-type: none"> <li><b>REDUCTION TIP:</b> Use Bruised Or Overripe Pears In Sauces Like Barbeque Sauce.</li> </ul>
<b>Pineapple</b>	<b>4</b>	<ul style="list-style-type: none"> <li>The entire ingredient is edible, including the skin and the cores.</li> <li>The texture of the skin is difficult to work with and is challenging to repurpose.</li> </ul>	<ul style="list-style-type: none"> <li><b>REDUCTION TIP:</b> If You're Going To Remove The Core, Save Them And Use In Juices Or Smoothies. You Can Also Use Them As An Aromatic.</li> </ul>
<b>Raspberries</b>	<b>5</b>	<ul style="list-style-type: none"> <li>The entire ingredient is edible.</li> </ul>	
<b>Strawberries</b>	<b>4</b>	<ul style="list-style-type: none"> <li>The entire ingredient is edible, including the leaves and seeds.</li> <li>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.</li> </ul>	<ul style="list-style-type: none"> <li><b>REDUCTION TIP:</b> 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.</li> </ul>
<b>Tomatoes</b>	<b>5</b>	<ul style="list-style-type: none"> <li>The entire ingredient is edible, and it's a very versatile ingredient.</li> </ul>	
<b>Watermelon</b>	<b>5</b>	<ul style="list-style-type: none"> <li>The entire ingredient is edible, including the skin and seeds.</li> </ul>	<ul style="list-style-type: none"> <li><b>SAMPLE DISH:</b> Pickle The Watermelon Rind To Add Flavor To A Dish.</li> </ul>