**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.

<table>
<thead>
<tr>
<th>Rating</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>Ingredient is entirely edible and versatile in its uses.</td>
</tr>
<tr>
<td>4</td>
<td>Ingredient is entirely edible and versatile. While the part(s) that are typically discarded could be eaten, they may not add value to a dish.</td>
</tr>
<tr>
<td>3</td>
<td>Ingredient has part(s) that are inedible and are challenging to repurpose. The part(s) that are edible are versatile in its uses.</td>
</tr>
<tr>
<td>2</td>
<td>Ingredient has part(s) that are inedible and are challenging to repurpose. The edible part(s) are not versatile.</td>
</tr>
<tr>
<td>1</td>
<td>Ingredient is mostly inedible and challenging to repurpose.</td>
</tr>
</tbody>
</table>
Acorn Squash

SEASON: Fall/Winter

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.

REDUCTION TIPS:
- 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.

REDUCTION TIPS:
- 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

**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.

**REDUCTION TIPS:**
- 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.

REDUCTION TIPS:
- 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

3

- 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.

REDUCTION TIPS:
- 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

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

REDUCTION TIPS:
- Toast the pumpkin seeds, 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.

REDUCTION TIPS: • 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

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

REDUCTION TIPS:
- 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

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

**REDUCTION TIPS:**
- Pickle the watermelon rind to add flavor to a dish.