

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.

5

Ingredient is entirely edible and versatile in its uses.

4

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.

3

Ingredient has part(s) that are inedible and are challenging to repurpose.
The part(s) that are edible are versatile in its uses.

2

Ingredient has part(s) that are inedible and are challenging to repurpose.
The edible part(s) are not versatile.

1

Ingredient is mostly inedible and challenging to repurpose.

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.
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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.
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5

Avocado



SEASON: Summer

3

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.
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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.

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.
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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.
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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.
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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.
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Pineapple



SEASON: Spring/Summer

4

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.
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Pumpkin



SEASON: Fall

4

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.
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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.
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5

Strawberry



SEASON: Late Spring/Early Summer

4

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.
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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.
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