



Turning Food Waste into Abundance:

How to use food scraps, foraged greens, and fresh herbs in the kitchen

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Think of all the opportunities to prolong the life of your food and turn waste into abundance. This zine is a challenge to rethink what you might otherwise have thrown out: what scraps can you put to use?



- About 2 to 3 cups (40 to 60 grams) assorted greens, lightly packed
- About ½ cup (70 grams) seeds or nuts (sunflower seeds, walnuts, hazelnuts, etc.) - toast them first for a little more flavor
- 2 to 3 garlic cloves
- About 1/2 cup (120 ml) olive oil
- Juice of a small lemon, or a bit of preserved lemon
- Salt + pepper
- Any other spice you want

Carrot tops, beet greens, radish greens, kale, mint, parsley... you can make pesto from essentially any green. Use up greens that have gotten a little sad and wilted. Adapt depending on what's on hand.

Scappy Pesto

- Optional: A bit of parmesan or dried out hunk of cheese you found at the back of the fridge.
- Place the greens, seeds/nuts, and garlic in a food processor and mix until everything is finely chopped (if you're using cheese, add it in here). Scrape the sides of the food processor with a spatula to get everything evenly chopped. Add in lemon juice, place the lid of the food processor back on, and while it's on, pour in the olive oil until the pesto comes together to your desired consistency. You may need more if you want it runny. Add in spices, taste, and adjust accordingly.

A couple of general methods for repurposing food scraps:

- **Dry/dehydrate:** citrus peels, juicing pulp, kale, and many other things can be dehydrated or baked at your oven's lowest temperature to dry them out.
- **Infuse:** Add leftover herbs, fruits, etc to oil or vinegar and let infuse. Or go stronger by infusing in alcohol—food waste cocktails!



More resources to check out:

Scraps, Wilt + Weeds: Turning Food Waste Into Plenty
by Mads Refslund and Tama Matsuoka Wong

How to Cook a Wolf
by M.F.K. Fisher

An Everlasting Meal: Cooking with Economy and Grace
by Tamar Adler



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(rosemary, sage, thyme, marjoram, etc.) and/or foraged greens (nettles, wild garlic, wild onions, dandelion greens, etc.)

Melt butter in a large pan or wok. Once melted add onions and cook 2 to 3 minutes, until they start to become translucent. Add leeks and cook for another 2 to 3 minutes. Add rice and stir to cover in the remaining butter. Add wine and stir rice until all the liquid is absorbed. Slowly begin to add stock, ladle by ladle, stirring after each addition until absorbed by the rice.

Taste the rice regularly as you add stock, when it tastes al dente, add fewer amounts of stock to not overcook. Before the last addition of stock, add your parmesan or nutritional yeast, as well as any fresh herbs or greens you may be using. Stir in the final spoonful of broth and serve immediately, topped with fresh ground pepper and chopped fresh herbs or greens.



Have leftover risotto? Turn it into arancini—form into balls, roll in breadcrumbs and fry them up.

Scappy Shrub

- 2 ½ cups (300 grams) fresh fruit—smaller fruits like berries can be used whole, shredded as possible. After a day or so of maceration, juice as possible.
 - 1 cup (200 grams) unrefined sugar
 - 1-2 tablespoons citrus zest, from lemons, limes, oranges, etc.
 - ¼ cup (60 ml) apple cider vinegar
- Shrubs are great ways to preserve fruits and citrus using vinegar. Save scraps such as peels or fading fruits by using vinegar to extend their shelf life. You can add shrubs to cocktails, but also to sparkling water or lemonade to brighten up your beverage.

Vegetable Scrap Stock

- Vegetable scraps
 - Water (save some water from cooking artichokes or other vegetables for more flavor)
 - Aromatics (rosemary, thyme, etc.)
 - Other additions: garlic cloves, bay leaves, peppercorns, parmesan rinds etc.
- Keep a sealable container in the freezer and add your vegetable scraps to it. Once it's full, it's time to make your stock.



Risotto

Chef Judy Rodgers wrote that, "delicious stock... can carry a risotto by itself, and will harmonize with carefully dosed embellishments." So don't fear the risotto—arm yourself with homemade scrap stock plus a few embellishments and you're ready to go! Risotto can even be made without parmesan if that particular embellishment pushes this recipe beyond your price point—a sprinkle of nutritional yeast will make risotto more affordable and easier to make in a pinch.

- For 4 people:
- 2 tablespoons (30 grams) butter
 - 1 medium onion
 - 1 medium leek, halved and sliced
 - 2 cups (450 grams) arborio rice
 - ½ cup (120 ml) white wine
 - 3-4 cups (720-960 ml) stock
 - ¼ cup (30 grams) grated parmesan cheese or 2-3 tablespoons nutritional yeast
 - Fresh pepper and herbs

Place the vegetable scraps in a pot and fill with water until the scraps start to float. Bring water to a boil, then lower, partially cover, and let simmer for about 30 minutes to an hour. Time will depend on quantity you are making. Strain out the vegetables by pouring through a sieve or cheesecloth. Refrigerate up to a week or store in freezer. Consider freezing in ice cube trays—that way you can easily use in smaller portions when you are cooking.

Combine fruit, sugar, and zest in a sealable jar and let macerate in the refrigerator for 24-48 hours, shaking occasionally to extract as much juice as possible. After a day or so of maceration, strain the berry and citrus juice into another sealable container and add apple cider vinegar. Stir to combine.

Let the mixture sit in the refrigerator for another 2 to 4 days, or until you like the taste!