

Day 8 – Food Waste ☀

The Save Food-Website: 5 surprising facts

- 1st** 20% of the food that every one of us buys never gets eaten.
→ This percentage actually surprised me, because I would have not expected that as many people throw away that much of the food they buy. It makes you wonder how much of people's conscience of the real value of food still remains to this day – one could assume that it is already nearly nonexistent.
- 2nd** 48% of all fruits and vegetables get tossed.
→ I was quite confused to find out about this one, as I personally normally never discard any fruit or vegetables at all. Animal products have a much shorter durability, so why is it that people do not throw those away more often than greens? The only explanation I could personally find for this mystery is the worsening appearance of especially fruit which could lead to the assumption that they are no longer tasty or even completely unedible.
- 3rd** You can cook with the upper parts of strawberries.
→ Indeed, we are talking about the small leafy crown on top of each of our much beloved strawberries – which we normally cut right off and toss into the bin. But who would have thought that they served any other purpose? Well apparently, they do: you can actually use their herbal but still strawberry-like flavour to create beautiful desserts as in the recipe on the *Save Food*-website (it's called 'Strawberry Top Rosé Granita' - tempting, right?)
- 4th** Reviving wilted vegetables
→ Apparently you can do exactly that by soaking your old greens in some ice water for 5 to 10 minutes, which seems like a really nice trick to me. But I have to say: I always eat them anyways, no matter what they look like ☺.
- 5th** Making pancakes with nearly sour milk
→ I do not drink any milk – so technically, this is none of my business. But I've got to say: I find it quite fascinating that you could actually utilise already smelly milk (which I used to toss right away as a kid) in order to make light fluffy pancakes. I am still not too sure about how many normal people would be able to overcome their instinct in staying away from any food product that starts to become smelly, but as long as it is actually guaranteed that it is still good to eat: everybody you would like to shall indulge!



My social media post on [instagram](#)



Optimally storing...



... a butternut squash

To support its longevity, simply store it in a cool, dark, dry but well ventilated place: avoid keeping it anywhere near a heater or on your countertop (optimally at about 13°C).

Make the most of it: both the seeds and the skin are edible: so toast or roast the seeds in your oven like you would pumpkin seeds and simply cook or bake the squash in order to be able to eat the skin as well

...broccoli

It is best to store this cruciferous vegetable in the refrigerator, where it is at its freshest during the first 5 to 7 days of storing. Always remember not to wash it before it's actually ready to use and keep it in the original wrapping (if there isn't any: even better! We should all try to avoid plastic packagings when shopping, so always be aware of that when choosing what lovely fruit or vegetable to take with you today :))

Also: You can eat the stalks as well, so don't discard them but use them for making a vegetable broth or puree them into other soups instead. Of course you can always prepaper them as you would the other parts of your broccoli – by cooking, frying or baking them.

And additionally: the *reviving trick using ice water* works for this one, too!



...sweet potatoes

Like regular potatoes, those ones are not to be stored in a refrigerator, but in a cool, dark, dry and well-ventilated place at room temperature, where they are at their freshest in the first one to two weeks. Storing them in a root cellar environment would make them last even longer: for a whole month or longer. And again, those should not be washed until ready to use in order to prevent them from going bad.

Be cautious when choosing your sweet potatoes, as those with holes or cuts in them are likely to lead to decay which can directly affect all other sweet potatoes around them.

And just a little note on the side: the skins are edible, so don't even think about throwing them away ;). If you have to peel your sweet potatoes because you are planning on mashing them, you could still roast the skin in your oven for example.



