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Day 22 – Greener

pgc_tahlia Meet Greenie Gracie! She's made from food scraps, but don't let her fool you into thinking she can be thrown out!

There are so many ways we can prevent food waste from being thrown out, from composting them, to adding them into a dish, to fermenting them, to feeding them to chickens or other suitable animals, food scraps have a life outside of the garbage bin!
@turninggreenorg #pgc2022

My Produce Pal was created with the intention to show that food scraps may not be what they seem. Greenie Gracie is a girl who is not always accepted at school, the kitchen, or in the supermarket, but that does not mean she doesn't have value. Greenie Gracie is a representation of the overlooked potential of our food scraps, and the nutrition we are throwing away so readily! Much of the food scraps that she is made of can be turned into something else, even if they may not look so great! The kale was taken from a wilting bunch that I plan to sauté and put into an omelette alongside the mushrooms that were just starting to go bad. The Chinese broccoli (Gai Lan) will be made into something (probably stirfry) later this week, and while I don't have the skills or time available to ferment the cabbage, this is possible and can extend its shelf life massively! As for the cucumber, that will go straight into my mouth!