

Jericho High School
faye.safir
Lab Rats



Jenny

Arms & Pants - Cucumber peels
Shirt - Cucumber end slices
Shirt Buttons - Spikes on asparagus
Hands - Expired grape tomatoes
Shoes - Strawberry tops

Face - a piece of the core of a bell pepper
Eyes - bell pepper seeds
Mouth - bell pepper slice
Hair - expired rolled oats
Bow - Asparagus tops

I wanted to convey the idea that using organic and healthy food leads to a happy life. Organic food is much better for you because it doesn't contain harmful chemicals and pesticides. Organic food also has more nutrients and contains antioxidant properties. "Jenny" (Maya and Mateo's cousin), my new produce pal stands for organic non-GMO food and so should you. Jenny always says, "A vote for organic food is a vote for a healthier life!" I could use some of these scraps to make some sort of salad. For example, contrary to popular belief, strawberry leaves are actually edible. Some say they taste similar to spinach. Using the strawberry tops, cucumber peeks, cucumber end slices, asparagus tops, and bell pepper, along with a delicious sauce like balsamic oil, extra virgin oil, and lemon juice would be delicious. It's a great way to avoid waste and enjoy a fresh, light salad. As for the expired food like the grapes, those could be composted. If the tomatoes aren't completely expired and just wrinkled or bruised, they could also be used to make tomato sauce or soup! The expired rolled oats could be used in your garden because they nourish and restore healthy bacteria in the soil. If the oats don't have insects or mold they could also be used in homemade scrubs or face masks because they are great for irritated or dry skin.



the_lab.rats Meet Jenny! The produce pals Maya and Mateo's cousin!