

Project Green Challenge 2025 — Day 17 (GREENER)

Captain Yam-Fish: The Hero of the Leftovers

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LINK TO MY INSTAGRAM POST:

🌐 Greenhouse on Instagram: "Meet Captain Yam-Fish 🦋 The hero born from leftovers. His body of yam, his cape ...

Theme: #NotWasting as a Way of Life — Celebrating the Beauty in Imperfection

The Story of Captain Yam-Fish. *(from today's meal)*

Captain Yam-Fish was born in my kitchen from pieces that most people would throw away — a misshapen yam end, tomato tops, onion skins, a pepper slice, herb stems, and the bones of a fish. Yet, as I pieced them together with care, I saw not waste, but wisdom. Each fragment carried its own story — its own journey from soil, sun, and sea. In their union, a new life emerged: a reminder that balance between man and nature begins when we respect every grain, every peel, every bone. In Cameroon, where food insecurity still touches families, throwing away food means discarding effort, energy, and hope. According to the Food and Agriculture Organization (FAO), one-third of all food produced globally — nearly 1.3 billion tonnes each year — is lost or wasted. These discarded meals account for 8–10% of global greenhouse gas emissions. Captain Yam-Fish became my way of speaking for all the forgotten foods that still have value, teaching me that nourishment goes beyond taste; it includes gratitude, creativity, and balance.

Health Benefits of Captain Yam-Fish's Elements

- **Yam:** Rich in fiber and complex carbohydrates, yam supports digestion, provides lasting energy, and helps maintain stable blood sugar levels.
- **Tomato:** Contains lycopene and vitamin C, powerful antioxidants that protect cells, boost immunity, and promote heart health.
- **Onion:** Offers anti-inflammatory properties, supports heart health, and strengthens the immune system.
- **Pepper:** High in vitamin A and C; aids metabolism, improves circulation, and enhances nutrient absorption.
- **Fish:** A source of omega-3 fatty acids that promote brain function and cardiovascular health.
- **Vegetables:** Detoxify, soothe the body, and balance the digestive system. Together, these ingredients form a natural harmony of nourishment — a fusion of earth and ocean energy. They remind us that health is a shared song between the human body and the planet that feeds it.

Plantains Rich in fiber and complex carbohydrates, plantain supports digestion, provides lasting energy, and helps maintain stable blood sugar levels.

PRODUCE PAL 1

FEED IT ONWARD: CAPTAIN YAM-FISH & THE FOOD WASTE WARRIORS

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**Reflection – Balance Between
Man and Nature**

Reflection — Balance Between Man and Nature

Captain Yam-Fish represents more than a creative exercise. He embodies the philosophy of balance — that humanity and nature are not separate, but reflections of one another. When I look at his form, I see how resilience, gratitude, and transformation are all woven into the food we grow, cook, and consume. By reimagining what we call 'waste,' we begin to restore this balance — turning discards into lessons, scraps into symbols, and leftovers into life. This project taught me that sustainability is not about perfection; it is about mindfulness. Each decision — to save a yam peel, to reuse a tomato top, to compost fish bones — is an act of peace between man and earth.

The Dish and Compost Journey

After the photograph, I cooked the edible pieces into a humble but meaningful meal: a yam-tomato stew. The yam ends became soft cubes of comfort; the tomato tops and pepper blended into a vibrant sauce; the herbs gave aroma and soul. The non-edible scraps — onion skins and fish bones — went into my compost bin, where they will slowly return to the soil as nourishment for the next season's harvest. In this way, Captain Yam-Fish continues his cycle — feeding life instead of landfills.

References & Inspiration

- **Food and Agriculture Organization (FAO).** 'Make #NotWasting a Way of Life' Infographic.
- **United Nations Environment Programme (UNEP).** Food Waste Index Report 2021.
- **Dana Gunders, TED Talk:** 'How to Turn the Tables on Food Waste.'
- **Conscious Kitchen** — Produce Pals Campaign.
- **Local inspiration:** Cameroon home cooking traditions that honor simplicity, respect, and community.

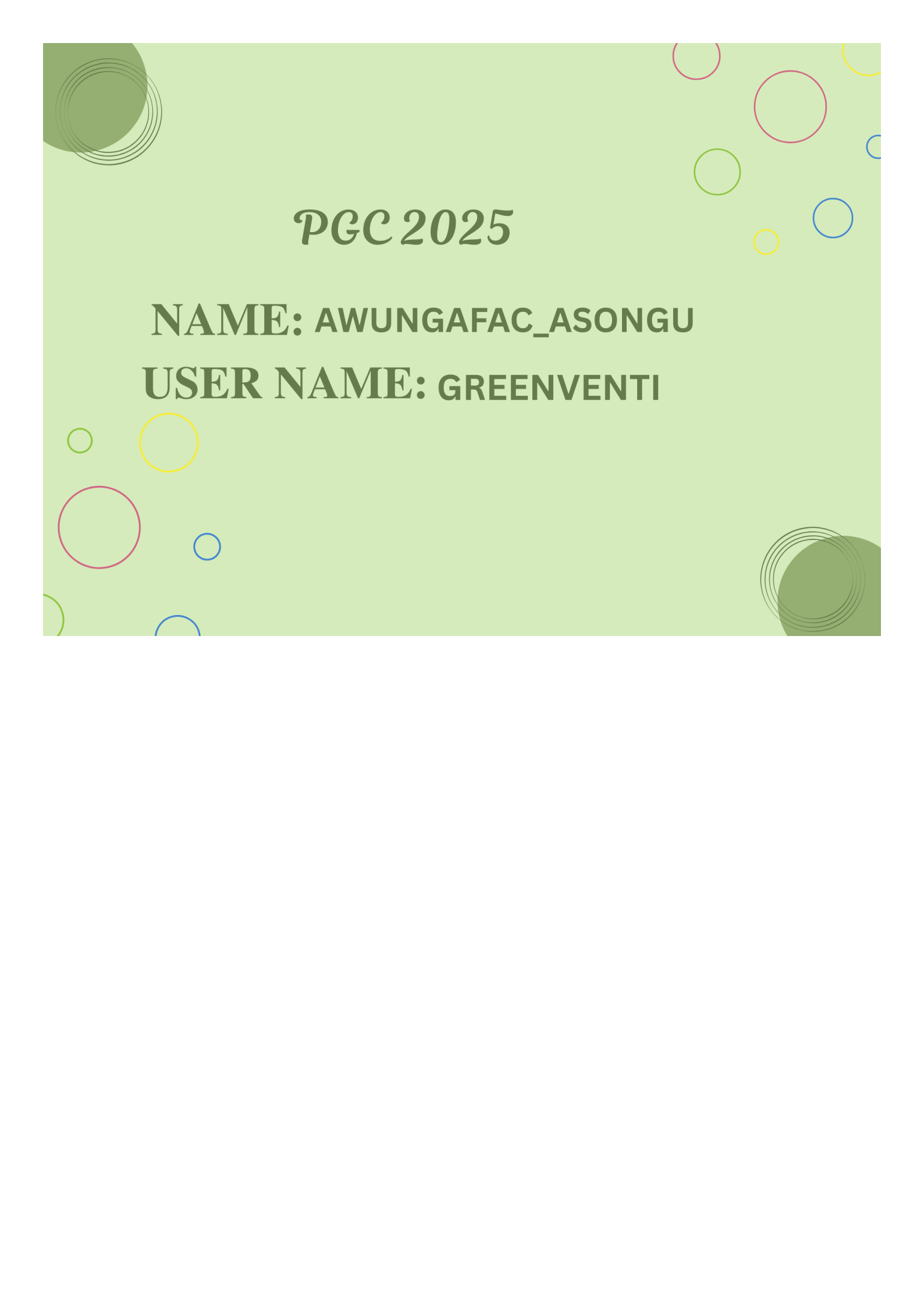
PRODUCE PAL 2



Instagram Caption

Meet Captain Yam-Fish 🐟 — the hero born from leftovers. His body of yam, his cape of onion skin, and his heart of tomato remind us that beauty exists even in what we discard. One-third of all food is wasted globally, yet every peel and bone holds value. Today I choose to see food not as disposable, but as a gift of life. After this photo, I turned the scraps into a yam-tomato stew and composted the rest. Because balance between man and nature begins at the table 🌍❤️ Tags: @turninggreenorg @wwf @foodtank @ukonserve #ProducePal #PGC2025 #FeedPeopleNotLandfills #WasteLessEatBetter

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