

Greener Challenge - Day 17

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Produce Pal: “Lettucia the Waste Warrior”



Meet **Lettucia**, my *Produce Pal* and tiny ambassador for the planet.

She was born right in my kitchen in **Lima, Peru**, from fruits and vegetables that many would have thrown away — a wilted lettuce leaf, the top of a strawberry, a piece of cucumber, a garlic clove, some leftover blueberries, and a banana peel 🍓🥬🥒🫐🧄🍌. Each piece had already lived part of its story, but together they found new purpose: to remind us that *nothing in nature truly goes to waste*.

When I created Lettucia, I imagined her as a little guardian of mindful eating, a warrior who fights waste not with anger, but with creativity and joy. She represents the idea that sustainability doesn't always require grand gestures; sometimes it's as simple as seeing beauty where others see trash.

Where She Comes From

Lettucia was created in my kitchen here in Lima, Peru, with fruits and veggies that were left behind after breakfast. Instead of tossing them, I turned them into something meaningful — a fun reminder that creativity can fight waste and inspire care for the planet.

What She Represents

Lettucia stands for **gratitude, creativity, and awareness**.

She shows that food isn't just fuel — it's the result of countless invisible efforts: farmers planting seeds, ecosystems providing nutrients, and the Earth giving life.

When we waste food, we waste all of that work and energy — from the water that grew it, to the soil that nourished it, and even the people who harvested it.

Her existence also invites us to question the idea of “perfection.” In markets and kitchens alike, we often reject what doesn’t look flawless. But “imperfect” food is just as nourishing, and learning to value it can help combat both food waste and inequality.

What She Teaches

Did you know? About one-third of all food produced globally is wasted, and that waste causes around 8% of global greenhouse gas emissions — more than the airline industry!

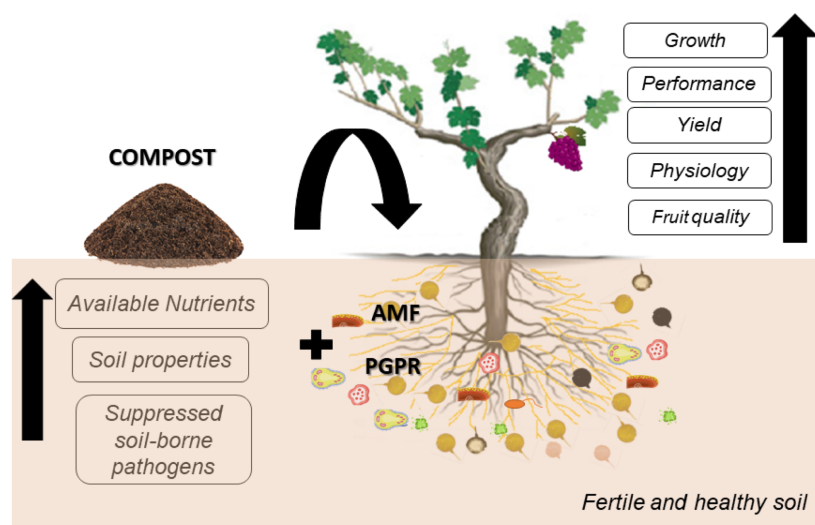
Saving just 25% of that could feed 870 million people.



After the Photo

After taking her photo, I didn’t want to throw Lettucia away.

So I **composted her ingredients**, letting them return to the soil , closing the natural cycle of renewal. Composting transforms waste into nourishment, and that, to me, is the perfect metaphor for regeneration.



Post link:

<https://www.instagram.com/p/DP8CWvTDcYQ/?igsh=b3A5NTlwVwaHh5>