

# PRODUCE YIELD MAXIMIZATION

FARM-FRESH PRODUCE SOMETIMES COMES WITH EXTRAS: THESE ARE VALUABLE PARTS THAT YOU CAN USE!

**APPLE PEELS:** Make crispy apple chips by tossing with a tiny bit of melted butter and cinnamon sugar and roast at 400 F for 10 to 12 minutes.\*

**BEEF TOPS:** Sauté as a green

**BROCCOLI STALKS:** Roast like root vegetables, chop and add to soup, or shred and make a slaw.

**CARROT TOPS:** Use in pesto with macadamia nuts or pine nuts

**FRESH HERB STEMS:** Add to stocks or pesto for extra flavor

**KALE STEMS:** Dice and cook as you would broccoli to soften

**MELON RINDS:** This is the thin, whitish part of the melon between the sweet flesh and the tough outer skin. It can be used in place of cucumbers for salads and sandwiches.

**ONION SKINS:** Add to stocks for color and flavor

**POTATO PEELS:** Make a crispy, chewy snack that falls somewhere between potato chips and French fries. Toss the peels with oil and seasonings, then roast at 400 degrees Fahrenheit for 15 to 20 minutes.\*

**RADISH TOPS:** Can also be used in pesto or sautéed

**SWISS CHARD STEMS:** Sauté as a green

## DID YOU KNOW?

You do not have to peel some vegetables, including carrots, sweet potatoes or potatoes? In fact, by keeping the peels on, the vegetable retains valuable nutrients. Potato skin has more fiber, iron, potassium and B vitamins than the inside of the potato. Many vegetable skins are also rich in antioxidants. Just make sure to give them a good scrub under cool, running water to remove any dirt before cooking or serving.

## ADDITIONAL RESOURCES

### **ROOT TO STALK COOKING.**

The National Restaurant Association: [www.restaurant.org/Manage-My-Restaurant/Food-Nutrition/Trends/Getting-the-most-from-your-produce-Root-to-stalk-c](http://www.restaurant.org/Manage-My-Restaurant/Food-Nutrition/Trends/Getting-the-most-from-your-produce-Root-to-stalk-c)

### **THE BOOK OF YIELDS: ACCURACY IN FOOD COSTING AND PURCHASING.**

Lynch, Francis Talyn. Hoboken, NJ: John Wiley, 2012. Print.

### **ROOT-TO-STALK COOKING: THE ART OF USING THE WHOLE VEGETABLE.**

Duggan, Tara, and Clay McLachlan. N.p.: Ten Speed, 2013. Print.

### **ROOT TO LEAF: A SOUTHERN CHEF COOKS THROUGH THE SEASONS.**

Satterfield, Steven, and John Kernick. New York: Harper Wave, an Imprint of Harper Collins Publishers, 2015. Print.

