

Four throwaway items

you can eat

Some food that we discard is not as useless as we think. Find out how to make the most out of these natural foods we can find in our city

HONG KONG generates over 3,000 tons of food waste every day – that is more or less the weight of 60,000 teenagers. Recycling and **composting** certainly help waste recovery. However, preventing and reducing food waste at source is the most important in the food waste management strategy. By being more **eco-conscious**, we can ‘rescue’ nutritious and **edible** greens from being dumped as waste. Here are a few examples:

Pumpkin seeds

BUYING a small bag of roasted pumpkin seeds at a supermarket may cost you HK\$20 or more. You can easily make them yourselves from the seeds of pumpkins or squashes rather than throwing them away as kitchen waste. Simply separate the seeds from the flesh of a pumpkin, soak them in water for half an hour and toss in olive oil before roasting at 180C for 20 minutes until the seeds are brown. **Season** the roasted seeds with salt and pepper before serving.



Beetroot greens

SUPERMARKETS seldom sell beetroot with leaves mostly due to storage reasons. If you are lucky enough to find fresh beetroot with leaves on at farmers markets, do treasure the nutritious and delicious greens. Their **texture** is similar to that of spinach but it has a stronger flavour. You may blend it to make soup, stir fry it or cook it like other vegetables as a side to your main dish.



Broccoli stems

ALTHOUGH the stem is tougher, it is good for blending to make broccoli soup. You may also chop the stems into small cubes for a stir-fry or add it to fried rice.

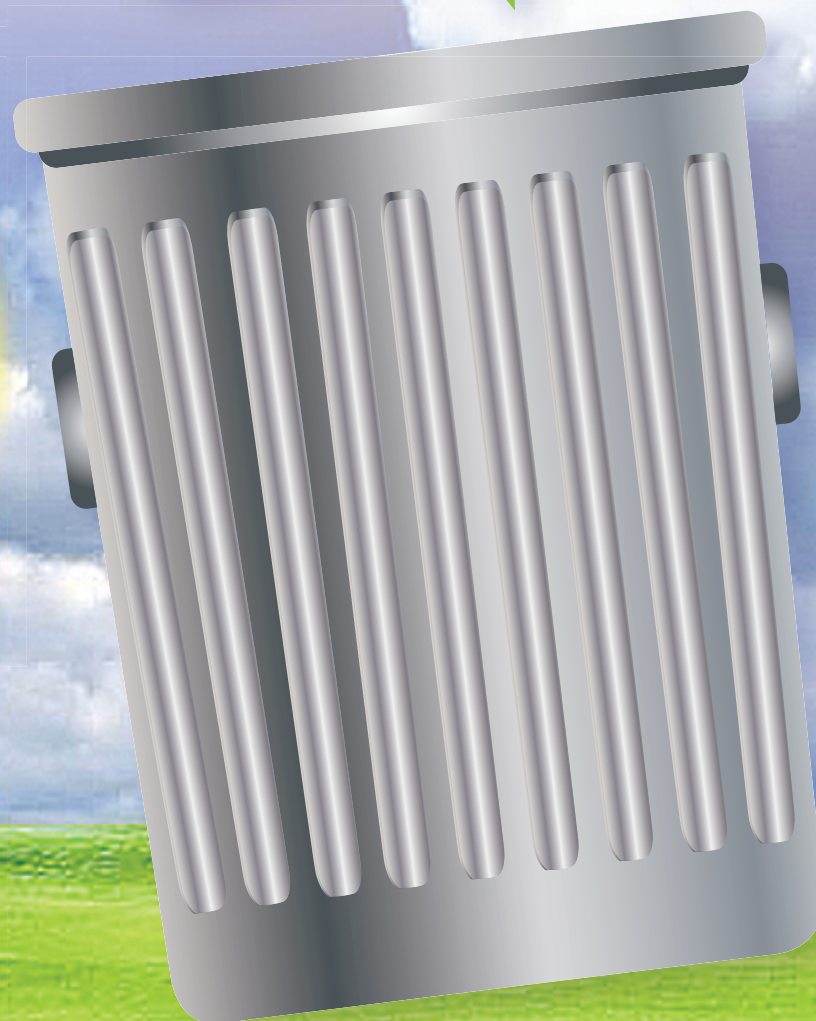


Carrot tops

CARROT tops have a strong flavour that make it a nice ingredient for pesto. Blend carrot tops with basil or other herbs with a little salt, honey and olive oil to create your own homemade pesto. You could enjoy it as a dipping sauce, sandwich **spread** or add it to other recipes that use pesto.

You may also cook and consume potatoes and sweet potatoes with the skins to reduce food waste and **enrich** fibre intake. Onion skin, radish skin and carrot peelings can simply be frozen and used for making vegetable stock.

Once you start exploring, you will discover the fun of rescuing food for delicious results – these are simple things we could do every day to make a real difference.



Text: Kadoorie Farm and Botanic Garden (www.kfbg.org)
Photos: KFBG

Vocabulary

eco-conscious (adj) 有環保意識的

M: Meaning **E:** Example

- M:** to be aware of things about the environment
E: Be **eco-conscious**, and use fewer plastic bags.
 ‘Eco’ is short for ecology and means the study of things related to plants, animals and the environment. For example, to be eco-friendly is to be not harmful to the environment. An ‘eco-disaster’ is an environmental disaster:
E: The machine is **eco-friendly** because it runs on solar power.
E: The forest fire was an **eco-disaster**. It destroyed the home of many animals.

1 **composting (n)** 製成堆肥

- M:** the act of collecting plants and letting it decay to use as a fertiliser for other plants
E: **Composting** is one of the farmer’s daily jobs.

2 **edible (adj)** 可以食用的

- M:** can be eaten
E: The mushroom is not **edible**. It is highly poisonous.

3 **season (v)** 調味

- M:** to add salt, pepper, etc, to food to improve flavour
E: **Season** the chicken wings with pepper before roasting.

4 **texture (n)** 質感

- M:** the way something feels when you touch it
E: This stone table has a rough **texture**.

5 **spread (n)** 醬

- M:** a soft food you spread on bread, etc
E: Mum is preparing breakfast with bread and peanut **spread**.

6 **enrich (v)** 使豐富

- M:** to improve something by adding things
E: The sauce **enriches** the taste of the fish.