

RAC

# Newsletter

## REHASH IT - DON'T TRASH IT

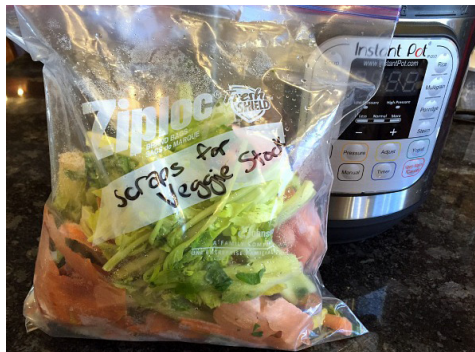
FOOD WASTE REDUCTION TIPS FROM THE RAC

### REHASH SPOTLIGHT: VEGETABLE STOCK

Homemade vegetable and meat stock from the comfort of your kitchen is simple to make, saves on grocery costs, and does not require packaging. Most importantly, there is no need to purchase additional or unique ingredients. Leftover herbs, tips, tops, stems, and skins from the produce you cook with throughout the week are your base.

There are two types of vegetable stock: white or brown. White vegetable stock is made by simmering the vegetables in a pot with water. It is relatively colorless, milder, and fresher in taste, adding subtle flavors to dishes. It is best to add items such as broccoli, asparagus, greens, and cabbage during the last five minutes. Doing so helps prevent giving the stock a bitter sulfurous flavor.

Brown vegetable stock is made by roasting the vegetables until caramelized before simmering them in water. Roasting adds a more robust flavor and creates a richer and deeper color. The goal is to extract the essence from scraps to develop an enhanced and flavorful liquid to serve as a base for many dishes. For the best flavor, roast aromatics such



as peppers, onions, garlic, celery, and tomatoes with a drizzle of oil until browned, then simmer for 20 minutes.

After simmering, allow the stock to cool, strain, and store for up to five days in the fridge or three months in the freezer. The remaining vegetables can be pureed and tossed in your favorite soup/stew. Another stock storage option is to pour into an ice cube tray, freeze, then store the cubes in a freezer bag to use in smaller portions throughout the week.

### WHAT IS FOOD WASTE?

The term food waste can be confusing, so we define it as edible foods discarded in the trash or compost at home. More than 30% of the food we buy is wasted. The most common offenders are produce, foods with 'expired' dates, and leftovers we've lost interest in. Households are responsible for most food waste; it's greater than waste at food production, transportation, restaurants, and grocers.

The EPA estimates that more food (75 billion pounds) reaches landfills and combustion facilities than any other material in everyday trash. By incorporating all edible portions of food in

meal preparation, we maximize the full potential of nutrients. More importantly, we dramatically cut waste and reduce greenhouse gas emissions.

An easy way to cut back on waste is to remind yourself of what needs to be eaten first. Place a small container in the front of your fridge to house items that have a few days left to enjoy before composting. Prevent waste by planning meals before trips to the grocer to avoid overbuying. Lastly, use your nose! Don't rely on expiration dates. Give food a whiff and visual inspection when you are unsure if it's still good.

### BASIC STOCK RECIPE

- Onion scraps & ends
- Celery bits
- Old carrot
- Tops of bell peppers
- Stems & trimmings from greens
- Mushroom stems
- Olive Oil
- Water + salt to taste

Preheat oven to 400 Degrees. Remove hairy end from onion retaining as much onion flesh as possible. Place onions, celery, carrot, peppers, and mushrooms in a bowl. Drizzle with oil and spread on a baking sheet and place in oven.

Fill a saucepan with 6 cups of water. Add a pinch of salt and bring to a gentle boil.

When vegetables have browned, remove from oven, and place in boiling water for 20 minutes; add the greens and green stems during the last 5 minutes. Remove from heat and allow to cool, then remove solids from stock. Place stock in jar or icetray and freeze.

#### TIPS: FREEZE IT!

Don't let the freezer exceed 75% capacity; this is the optimal capacity for air flow & efficiency.

#### ORGANIZE IT!

Place new groceries toward the back of the fridge and bring old food to the front so you don't forget to eat food before it goes bad.