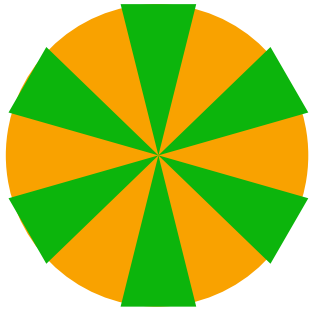


here are two simple garden harvest recipes using common crops and with a food waste reduction focus



## garden veggie frittata

A quick and flexible way to use leftover or “imperfect” vegetables.

### ingredients:

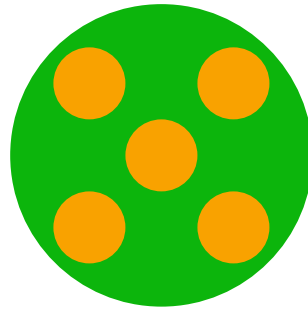
- 6 eggs
- 1 cup chopped mixed vegetables (courgette, spinach, peppers, kale, onion... whatever needs using)
- 1 small handful fresh herbs (parsley, chives, basil), chopped
- 2 tablespoons milk or cream
- Olive oil or butter for frying
- Salt & pepper to taste

### method:

1. Preheat your oven to 180°C (or use the grill).
2. Heat oil or butter in an ovenproof frying pan, add the chopped vegetables and sauté until soft.
3. Beat eggs with milk, herbs, salt & pepper.
4. Pour egg mixture over the vegetables. Cook gently for 3–4 minutes until the edges set.
5. Transfer to oven or grill to finish cooking the top.
6. Slice and serve warm or cold.

### food waste tip:

Use up any veg that’s slightly wilted — just trim any bad bits before cooking.



## herby & leafy green pesto

A great way to use up herbs or greens before they spoil.

### ingredients:

- 2 cups loosely packed herbs and/or leafy greens (basil, parsley, rocket, kale, spinach)
- 1–2 garlic cloves
- ½ cup nuts or seeds (walnuts, sunflower seeds, or pumpkin seeds work well)
- ½ cup olive oil
- ¼ cup grated cheese (or nutritional yeast for dairy-free)
- Juice of half a lemon
- Salt & pepper to taste

### method:

1. Place herbs/greens, garlic and nuts/seeds in a blender or food processor.
2. Pulse to break down, then slowly add olive oil until smooth.
3. Stir in cheese, lemon juice, salt & pepper.

You can store this pesto in the fridge for up to a week, or freeze it in portions.

### food waste tip:

Swap in carrot tops, beet greens or radish leaves instead of throwing them away.