



CONSCIOUS KITCHEN 's

Guide to Veggie Rescue

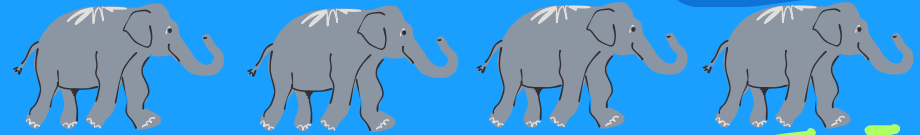


FIND THE UGLY VEGGIES!

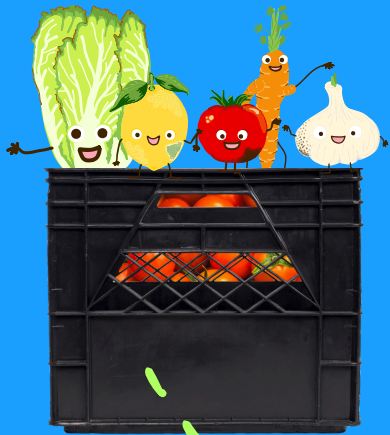


Made by Leiden University
GoS students

In 2023, the EU produced 58,2 million tonnes of food waste – the same weight as ~12.000 elephants!



Once upon a time, there was a group of veggie friends at **The Hague Market** waiting to be brought home and made into a delicious meal.



But they kept hoping, dreaming of what they could become...



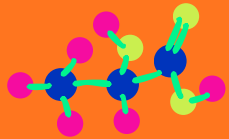
The Hague Market

But no one was buying them, because the other veggies at the market were prettier and fresher.

The veggies were getting worried that they might get **thrown away**.



2/3 of the foods we eat are made using fermentation!

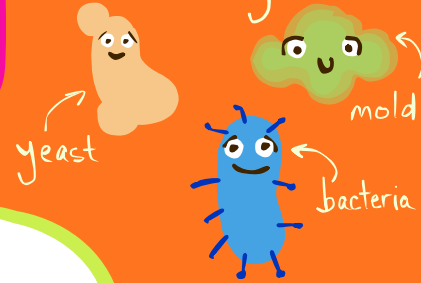


like LACTIC ACID, $C_3H_6O_3$

These chemicals, especially the ones called "acids" and "alcohols," help good microorganisms grow and stop other bad microorganisms that make food rot from taking over.

In fermentation, teeny-tiny creatures called "microorganisms" work to turn sugars into new chemicals.

TYPES OF microorganisms:



FUN FACT:
Humans discovered fermentation by accident over 10,000 years ago!

If someone took me home, they could turn me into something delicious using **fermentation!**

This makes fermented foods last much much longer, and makes them healthier and yummier!



Fresh cabbage lasts 1-2 weeks in the fridge



Fermented cabbage - like kimchi and sauerkraut - can last 3-6+ months in the fridge!

P.S. I'm a Napa cabbage!





To pickle vegetables, you cut them up and store them in a mixture of **water**, **vinegar**, and **salt**.



Vinegar is made of mostly water and "acetic acid." The acid makes the vinegar taste **sour**, but it also stops bad bacteria and mold from growing. So, by soaking veggies in vinegar, you can keep them safe to eat for a long time!

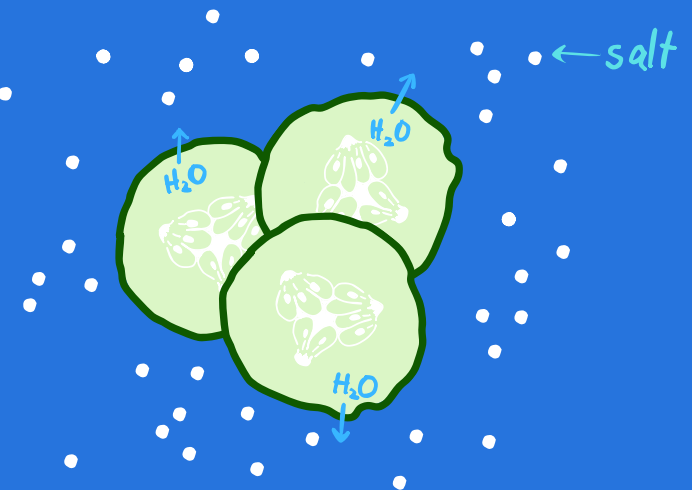
Simple homemade pickles can last **several months** in the fridge, and with a few extra steps, they can last for **years**!

Even if I was about to spoil, someone could keep me in perfect condition for much longer by turning me into a **pickle**!

Salt isn't just for taste! It helps make the environment inside the jar harder for germs to live in and keeps vegetables nice and crunchy by pulling water out of them through a process called "osmosis."



These products are preserved most often using pickling



You can dry lots of different fruits and veggies to preserve them! To make "sun" dried tomatoes, the first step is to cut up and salt the tomatoes so they lose moisture and dry out more easily.

psst...
this is osmosis!

Drying can extend the life of a tomato from a few days to a few months!

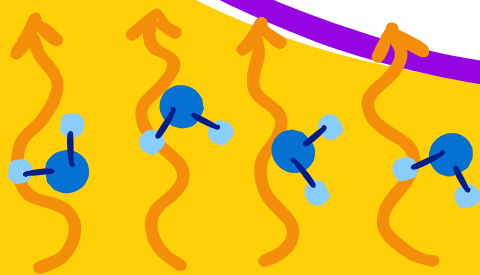
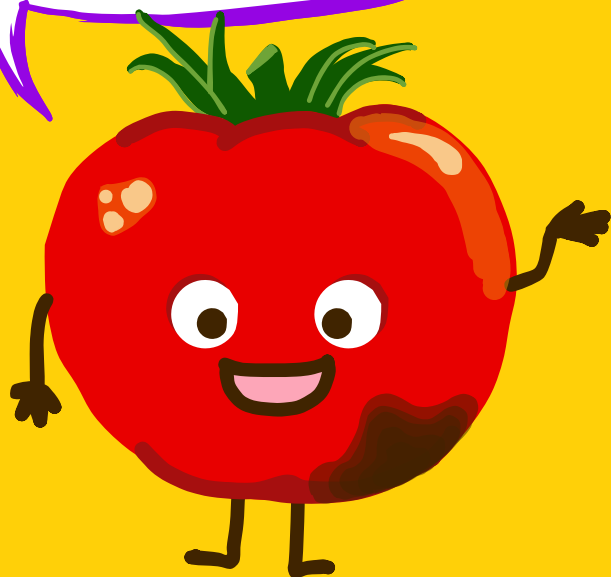
Next, put the tomatoes either in the hot sun or in the oven. This will remove the remaining water through a process called "evaporation."

Even though I'm past my prime, I could still be used to make something delicious through the process of **drying**!

TIP: don't throw out this oil when the tomatoes are done — use it to cook!

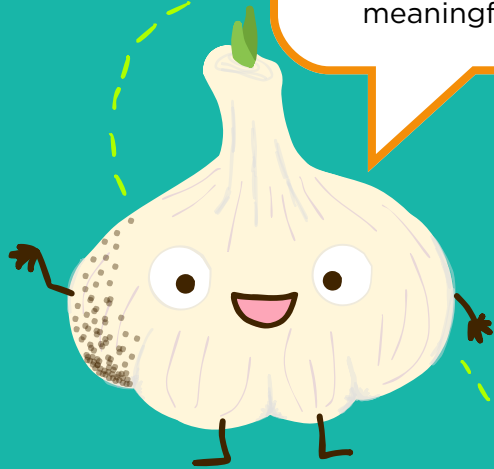
Removing the water helps preserve the tomatoes because the **microorganisms** that cause food to rot need moisture to survive and grow.

Finally, add the dried tomatoes to olive oil (with any other ingredients you want!). This adds flavor, softens them to make them nicer to eat, and increases their shelf life!

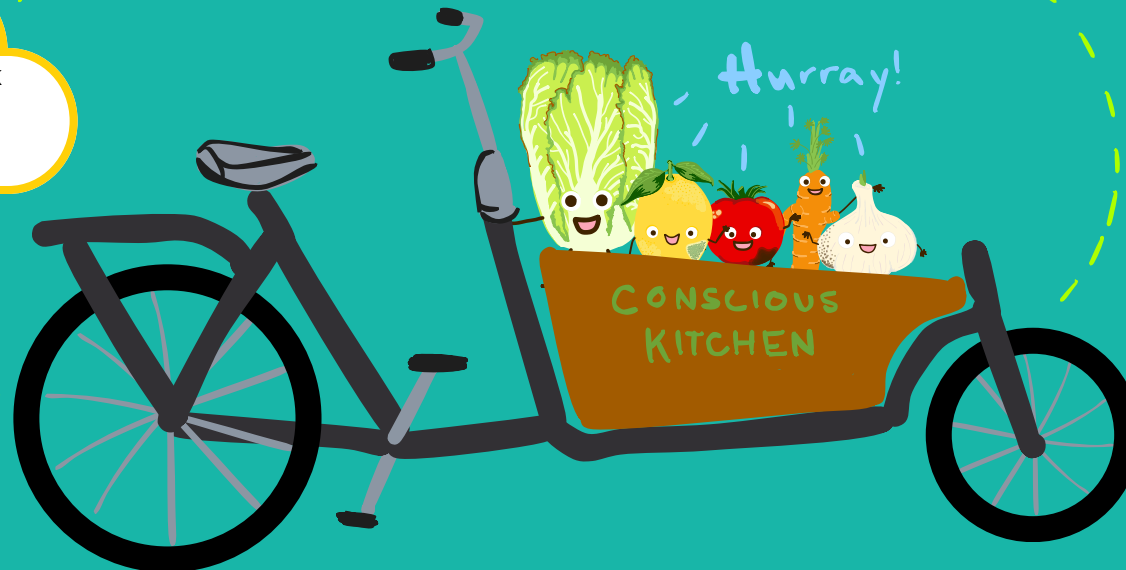


By the end of the day, the veggie friends were losing hope, until one of them said...

Don't be scared! There's still a way. **Conscious Kitchen** will rescue us and give us a meaningful ending!



Every Wednesday, Conscious Kitchen comes to The Hague Market to pick up produce that is probably going to get thrown out.



Then, their incredible volunteers use the ingredients to create a wonderful community dinner on Thursday.



This helps prevent and raise awareness for food waste while allowing visitors to build friendships over delicious shared meals.



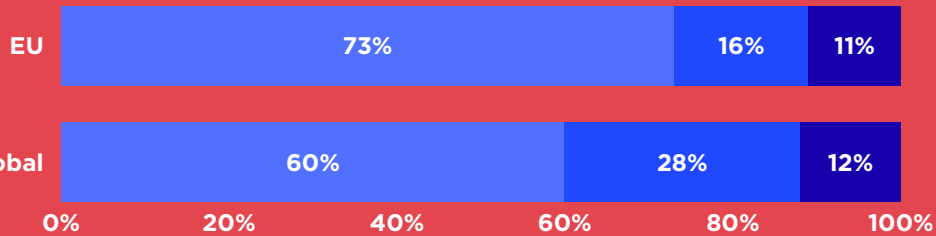
and we get our happy ending! 😊

The end!

FOOD WASTE FAST FACTS

Where Our Food Becomes Waste...*

Households Food Services Retail & Other



One third of the food produced worldwide never gets eaten.

** excluding waste that occurs during production/manufacture*

Some major causes of food waste are:

1. Food isn't stored properly at home, and we sometimes buy too much.
2. Food businesses will often reject "ugly" fruits and veggies.
3. Farmers cannot always sell their fruits and veggies because they get ruined by bad weather and bugs.