



RECIPE

Pumpkin Seed Pesto

Ingredients

- Fresh basil leaves
- Garlic
- Parmesan cheese
- Olive oil
- Salt and pepper
- Pumpkin seeds
(from pumpkin waste)

Instructions

- 1** Toast the pumpkin seeds in a dry pan until they become fragrant and slightly browned.
- 2** In a food processor, blend the toasted pumpkin seeds, basil, garlic, and Parmesan cheese.
- 3** Slowly add olive oil until you reach your desired consistency.
- 4** Season with salt and pepper to taste.
- 5** Serve with pasta or as a spread for sandwiches and crackers.

Fun fact: The LFC biodigester can digest most foods within 24 hours or less!



RECIPE

Pumpkin Soup with Roasted Pumpkin Skin Crisps

Ingredients

- **Garlic**
- **Olive oil**
- **Salt and pepper**
- **Vegetable broth**
- **Cream (optional)**
- **Pumpkin skins (from pumpkin waste)**

Instructions

- 1** Toss the pumpkin skins with olive oil, salt, and pepper, and roast in the oven until crispy.
- 2** In a soup pot, sauté chopped onion and garlic until translucent.
- 3** Add the roasted pumpkin skins and vegetable broth, then simmer until the skins are tender.
- 4** Blend the mixture until smooth, adding cream if desired.
- 5** Serve the soup hot with a garnish of roasted pumpkin skin crisps.

Fun fact: Food waste accounts for 6-8% of global greenhouse gas emissions!



RECIPE

Pumpkin Rind Pickles

Ingredients

- **Vinegar**
- **Sugar**
- **Salt**
- **Pumpkin skins** (from pumpkin waste)
- **Spices** (e.g., mustard seeds, coriander seeds, red pepper flakes)

Fun fact: Food waste is not only a waste of food but also a squandering of the resources that went into producing it, such as water, land, and energy!

Instructions

- 1** Peel and cut the pumpkin rinds into thin strips.
- 2** In a saucepan, combine equal parts vinegar and water, sugar, salt, and your choice of spices.
- 3** Bring the mixture to a boil and simmer until the sugar dissolves.
- 4** Add the pumpkin rinds and simmer until they become tender.
- 5** Transfer the pickles to sterilized jars and let them cool before sealing. Refrigerate for a few days before using.



RECIPE

Pumpkin Skin Chips

Ingredients

- **Olive oil**
- **Pumpkin skins** (from pumpkin waste)
- **Salt and seasonings** (e.g., mustard seeds, coriander seeds, red pepper flakes)

Fun fact: Food waste isn't just an environmental issue; it's also a financial one. In the United States, it's estimated to cost households and businesses over \$200 billion each year.

Instructions

- 1** Preheat your oven to 375°F (190°C).
- 2** Toss the pumpkin skins with olive oil and seasonings.
- 3** Spread them out on a baking sheet in a single layer.
- 4** Bake until the skins become crispy and golden brown, about 15-20 minutes.
- 5** Enjoy as a crunchy snack or garnish for salads and soups.