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Day 13 Greenest

Autumn is the season of changes. The leaves on trees give up their dark green color, transforming into vibrant hues of golden yellow and bold crimson. The days become shorter and crisper, giving way to dusky nights and fireside cocoa. But the most apparent changes can be seen in the food--dozens of apple varieties line the produce section, potatoes arrive in a rainbow of colors, and round squashes can be found on every corner.

In addition to buying seasonal produce, another popular activity for any individual or group to do over the autumn season is apple picking. However, as busy college students, it is often difficult to find time to leave the busy campus life and pick apples. Thankfully, at Binghamton University, we don't need to go far to have fresh apples. Go into any dining hall on campus and you will see the newest addition added next to the produce section--festively decorated wooden crates filled to the brim with apples and mini pumpkins. Nearly every day, at the end of a busy day, the crates are almost empty with the exception of a few apples. These apples have blemishes speckling all over their skin, ranging from dark spots to soft and mushy areas. For our meal, we only chose the apples with blemishes to show that it could still be possible to eat it.

Ingredients

- 1 apple
- 1 tangerine
- mixed greens
- olive oil

Recipe

1. Peel/cut the skin of the apple and cut it into chunks
2. Peel the tangerine
3. Toss the mixed greens into a bowl and add in olive oil
4. Add in the cut up apple and the peeled tangerines and toss the salad



Found some sad, wilted-looking greens from the salad bar... Thankfully, these can be saved by simply submerging them in cold water for a few minutes!



Oh no! An apple with a big bruise!



Never let the appearance of bruised fruit/produce throw you off. These “ugly” produce can be used to create a wonderful, delicious salad because the whole is greater than the sum of its parts!



Danielle Chan @dan_chanchan · 15s

Never let the appearance of ugly fruit deter you from eating it. My favorite salad recipe is made with 1 apple, 1 tangerine, mixed greens and olive oil. Simply peel the apple and tangerine, toss the greens with olive oil, and then add fruit.

Delicious! @TurningGreenOrg #PGC2018

