

↓ Visit this link for my recap video! (1:23, or 83 sec) ↓

https://youtu.be/zurp3d_t6o4

Menu:

- “Ugly Veggie Stew” (see notes)
- “Fall Spice Bread”
- “2nd Season Apple Cider”

Meal Prep:

To save money and think creatively, I combed over a couple challenges, Day 8 Extra Credit and Day 13 Greenest. I figured out that I could combine the two (thanks to Jinno and Hannah for verifying)! So, here we go!

I headed to my local farmer’s market to get my FLOSN produce. I approached 2 separate produce vendors and explained to them the concept of “ugly produce” and if they had any that they were going to toss. The first vendor handed me a HUGE ugly parsnip, an odd carrot, and two malformed potatoes. The second vendor welcomed me to a bin of damaged produce, full of snapped zucchini, bruised eggplant, and even a whole bell pepper. I took what I needed from the bin (a few zucchinis, a couple eggplants, and the pepper). Neither vendor charged me for this ugly produce, even after I offered. They literally were going to throw it away.

I then got what I didn’t have from the other vendors, doing my best to pick the ugliest fruits and veggies. All of my apples had worm holes, my tiny cabbage was chewed up by bugs, and my leeks weren’t doing too hot (by leek standards). I didn’t want to make a side, so I splurged (\$6) on a FLOSN loaf of fall spice bread from the Brown Bag Bakery at the market. I also purchased chicken necks from a meat vendor to help make the stock.

When I got home, I grabbed 2 mesh produce bags and went to town. I first scrubbed all of my produce really well. Then I cut all the tips/tops off of my veggies and put them in one produce bag. I also pulled some veggie trimmings I had in my freezer and put them in there too. Into the other bag went the chicken necks and a chicken spine I had.

Recipes:

I did not look anything up when making this meal, these recipes are completely original. I also broke down the stock and soup recipe because the stock is so great for everything.

Homemade Chicken Stock:

1. Fill a mesh bag with veggie trimmings. Fill a second bag with chicken spines, bones, or other leftover chicken bits.
2. Place the bags in your largest pot. Fill the pot $\frac{3}{4}$ full of water and bring to a rolling boil.
3. Boil for 2 hours, maintaining the water level.
4. At the 2-hour mark, stop filling the pot to the $\frac{3}{4}$ mark and let it cook down.
5. Season to taste and add turmeric for color.
6. Take the stock off the stove at 3 hours and immediately strain through a cheesecloth. Set aside or freeze for up to 6 months.

Homemade "Ugly Veggie" Stew:

1. Chop in-season Ugly Veggies to bite-size pieces.
2. In your largest pot, brown your onion types (leeks, shallot, onion, garlic) in a bit of oil. Add in your cabbage types (cabbage, spinach, kale, chard) and sweat until it's beginning to turn transparent.
3. Pour in your chopped veggies all at once.
4. Add in 1" of soup stock, chicken or veggie stock is best. Steam the veggies.
5. Once you can run a fork through your root veggies (potatoes and turnips are often the firmest), pour in the rest of your stock to make a veggie-rich soup.
6. Bring the stock up to temperature. Now it the time to add in fresh pasta you may have laying around. (I had organic tortellini in my fridge for some reason).
7. Salt and pepper to taste.
8. Serve hot! I ended up making about 10 servings.

Homemade 2nd Season Cider:

1. Quarter 5-6 medium apples. Cut out any mold from worm spots.
2. Place slices in a spaghetti pot and cover with water. Bring to a boil
3. Boil apples for 2 $\frac{1}{2}$ hours, mashing if wanted once soft. Keep the pot $\frac{3}{4}$ full of liquids.
4. Spice with cinnamon and nutmeg. Add honey to taste.
5. Strain through a cheesecloth once the cider is to your liking. If you have extra time, hand the cheesecloth above the cider bowl and let it drip. Squeeze if impatient.
6. Serve hot, makes 4 servings.

Ingredients:

Stock:

- Veggie Trimmings**
- Chicken leftover parts
- Herbs**
- Turmeric, salt, pepper**

Soup:

- Homemade stock
- 1 Turnip**
- 3 Potatoes**
- 1 Carrot**
- 2 leeks
- 1 tiny head of cabbage
- 2 eggplants**
- 3 zucchinis**
- 1 bell pepper**
- Organic Tortellini **

Apple Cider:

- 5 apples (2nd season)
- Honey**
- Cinnamon**
- Nutmeg**

** denotes food that I did not have to purchase for this meal. Either I had it in my kitchen as a staple, or it was free at the farmers market.

Leftover/waste plans:

I seriously made too much, but that's totally fine! I will eat this soup all week for lunch. I also sent some home with one of my guests for his lunch. Any leftovers at the end of the week will be frozen to be eaten later.

As for food waste, I did my best to use every scrap. After veggie cleaning, I had ½ cup of unusable scraps, that is, scraps that had mold or disease. The majority of my scraps were used in my stock pot. But after I boiled all of my scraps (and the apples in the cider), I was left with a rather inedible compote. I will compost the veggie scraps and chicken as they already did double-duty. As for the apple pulp, I'm going to experiment with turning them into apple sauce or apple horse treats. That way the apples can also have a second life.

Budget:

I was given \$40 and told to go nuts. My most expensive item was my side, since I bought it pre-made from a local organic bakery for \$6.00. Total, I spent exactly \$15. Divide that by 4 people, it came out to \$3.75 per meal, but that's not including the fact that I made a week's worth of soup! All told, was super affordable and very healthy.

Notes:

I did pull aside some veggies and roast them for my mom, who is vegetarian. It didn't cost any more or less because I used the same veggies that went into the soup. If any one is wondering, I roasted them at 350F for 35 minutes, topped with a bit of salt and pepper.

Social Media Post:

I don't have Instagram.

But, I do have Facebook!

