

*Make the Most of  
Your Veggies with these*

# VEGETABLE RESCUE STRATEGIES



5 tips to make your vegetables  
last longer, taste better and  
save them from the compost  
(or landfill!)

**GOLDBUSH MICRO FARM**  
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## Your veges – used to their best ability

Vegetables and herbs from Goldbush Micro Farm, or from the shop, will all last longer and be utilised to the optimum using the five tips here in this eBook.



### *important tip*

Buying what is in season and local means it's already fresher when you get it to your kitchen. Look out for a Farmer's Market near you, local market gardens and Crop Swaps too!

As well as the five tips below, there are also links to videos showing more detail about how to use your vegetables and herbs effectively and not feel like you're wasting any.

These tips will save you money and time and solve the problem of wasting produce by stopping you from having to throw it out, whether into the compost or the rubbish bin.

Follow as many of these tips as you can to use up things when it gets near the end of the week, before your next bag arrives. I hope you find them useful.

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# Rescue Strategies:

## 1. **Keep Vege Ends and Peelings**

Vegetable scraps, ends, bits and skins all get kept to live again in another dish! This zero waste idea is a great way to stop the bits of veges we don't typically eat from going in the compost or rubbish bin. If there's tough bits these can be used boiled up in a bone broth etc and sieved out later, softer things can be cooked up and blended to be used as a DIY stock paste. [Watch Video or read transcript on the blog.](#)

## 2. **Freezer Prepping**

This includes freezing vegetables to preserve for later, having them prepped ready to use or cooking things before freezing (reducing the space they take up), to make faster mealtime cooking.

It's great for freezing vegetables that you may have excess of or don't get around to eating or if you have partially made a meal or you've prepped for dinner, and there's some extra or you do put some effort into prepping for more than one meal and then freezing. It can make dinner so much easier to just be able to pull something out that's already had all the chopping done.

[Watch Freezer Prep Video or read on the blog.](#)



### 3. **Green Dressing**

Use seasonal herbs and greens to make a delicious multi-use green sauce. Sometimes called Salsa Verde or Pesto, this green dressing isn't quite Pesto as it's dairy free (no parmesan cheese), it's not a traditional Salsa Verde that usually uses tomatillos or green tomatoes, instead it's a delicious, put it on everything, Goldbush Green Dressing! Simple to make (whack it all in a blender and blend until your desired consistency) and uses up a lot of greens, especially if you've got some going south.

[Watch video and get recipe on the blog.](#)

### 4. **Correct Storage**

Storing your vegetables so they last a lot longer (giving you more time to use them!) is so important and should really be number one on the tips list! A few really important ones: take tops off root veges and store separately, get to know your fridge to avoid spots that might freeze sensitive leafy greens. Put your vegetables front and centre in your fridge (NOT in the vege drawer). Remove greens from packaging and place in an appropriate container and add a folded paper towel to absorb excess moisture.

[Watch the video for a full run-down on storage.](#)



5.

## Meal Prepping

Preparing things in advance means you are more likely to use them and then there will be less waste!

Often referred to as 'mise en place', the French for "putting everything into place", that might just be chopping things up ready to go into an omelette or a frittata, or preparing for a stir-fry, salad prep or roasted veges. Prep veges for raw things, 'crudités' Watch the video for details on simplifying meal time.



How to get Goldbush Vegetables  
in your Kitchen: leave your email [HERE](#).



*Thank you!*  
*Michelle*

*Saving money and time while  
also stopping food waste,  
that's a win-win-win!*

*I hope this Rescue Strategies  
Ebook was useful to you.*

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