

GROWER'S GUIDE

# TIPS & TRICKS

## FOR ZERO WASTE COOKING

### USE THOSE DELICIOUS TOPS

Steep them in water or tea, toss them into smoothies (the greens are edible) or blend them into pestos and chutneys, where they bring a fresh, slightly tangy zing.



### FREEZE FOR LATER

Got an extra or oversized courgette? Grate, squeeze out the moisture and freeze for easy baking or cooking fritters at a later date.



### A BIT SOFT?

Make a smoky dip like baba ganoush or blend into pasta sauce.

