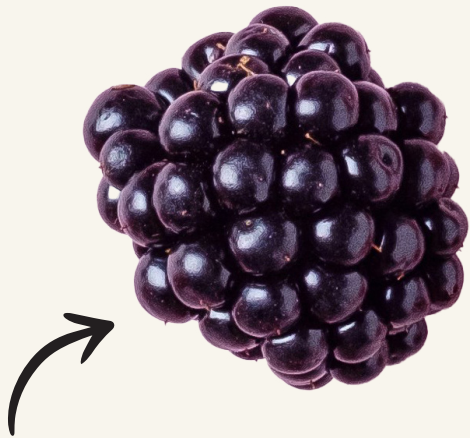


TIPS & TRICKS

FOR ZERO WASTE COOKING



PICKED LOTS?

Freeze for later use in cakes, bakes, jams and smoothies. Lay in a single layer on a tray before freezing. This prevents clumping, making it easier to portion out and bag.



UNRIPE?

Unripe figs are best cooked – try candying them in syrup, making jam, pickling, roasting with honey and herbs, or braising with meat.



ROAST THE PEELS AND SEEDS

Roast with oil and spices for a crunchy crisp and seeds to be eaten as a tasty snack or used as a topper in salads and soups.