**What To Do With Overripe Fruits and Vegetables**

While overripe fruits and vegetables may not be ideal, it doesn’t mean they’re unusable in the kitchen. Instead of [**contributing to the the UK’s 6.6 million tonnes of food waste**](https://www.webstaurantstore.com/article/140/how-to-reduce-waste-in-restaurants.html) each year, get creative with your sprouting spuds, pruney peaches, and brown bananas. Use the weblink below to help you come up with some ways to use up over ripe fruit and vegetables

<https://www.webstaurantstore.com/blog/1780/how-to-use-overripe-fruits-and-vegetables.html>

**Ways to Use Overripe Vegetables**

Having to do a large shop once a week or once a fortnight or once a month means you may not get fruit and vegetables used as quickly as you would like. If your vegetables are starting to lose their visual appeal, consider using them in any of the following ways:

* **Make a soup or stew**: Throw veggies, broth, and [**spices and herbs**](https://www.webstaurantstore.com/48623/herbs-and-spices.html) into a stock pot and let them simmer to perfection. Or use wilted carrots, cauliflower, or potatoes to make a soup.
* **Offer seasonal dishes**: Create courgette noodles in the summertime or pumpkin ravioli in the autumn to make the most out of your seasonal produce.
* **Create a pasta sauce**: Overripe tomatoes can be peeled and simmered down to produce a flavourful sauce used on subs, pizzas, or with spaghetti
* **Blend a salad dressing**: Throw carrots, green peppers, red onions, and cucumbers into a blender or food processor along with oil, vinegar, and spices. Drizzle the final product over a bed of mixed greens.
* **Pickle vegetables**: You can pickle a number of overripe vegetables in vinegar including peppers, mushrooms, radishes, and tomatoes.
* **Make veggie chips**: Slicing vegetables thin and roasting them in the oven with an abundance of spice can bring new life into soft, old produce.

## Ways to Use Overripe Fruit

Overripe fruit can often contain even sweeter, juicier flavors than fresh fruits. This makes them a great addition to a number of recipes, with some recipes calling them out specifically. Below are a few creative and delicious ways to use overripe fruit in your kitchen:

* **Make a smoothie**: Soft fruits are pureed into a delicious blend of flavours when combined with ice, milk, yogurt, or orange juice.
* **Squeeze fruit juice**: The juices from overripe fruits are perfect for making fresh beverages, such as lemonade and freshly squeezed orange juice.
* **Create fruit jams**: Fruit jams, such as strawberry, grape, or raspberry, capture the sweet essence of fruit no matter how fresh or ripe they are. Simply de-stalk the fruit, add to a sauce pan, and mix with sugar and fruit juice.
* **Bake a quick bread**: Use old bananas to make a loaf of classic banana bread, or get creative with other baked goods including peach muffins, raspberry scones, and blueberry pancakes.
* **Flavour ice cream**: If you’re proudly [**serving homemade ice cream**](https://www.webstaurantstore.com/47343/soft-serve-machines.html), incorporate the sweet flavors of strawberries, peaches, blueberries, or bananas into your chocolate or vanilla base.

## Some fruit and vegetables tend to go off quicker than others

## Examples include:

### Bananas

Here are a few common uses for overripe bananas:

* Bake banana bread, muffins, or pancakes
* Replace one egg with a ripe banana when baking
* Freeze and blend to produce banana ice cream

### Peaches and nectarines

Overripe peaches offer a sweet flavour and soft, juicy texture perfect for pairing with a number of recipes. Here are a few creative ways to incorporate overripe peaches into your favorite recipes:

* Create peach salsa or peach curry
* Mix into butter to produce a peach butter
* Combine overripe peaches with milk, honey, and yogurt and freeze to make peach ice lollies

### Strawberries

Transform mushy, soft strawberries into decadent dishes by using any of the following suggestions below:

* Roast overripe strawberries [**glazed in honey**](https://www.webstaurantstore.com/21/bulk-honey.html) for a sweet topping to brownies, cake, and ice cream
* Mash and blend strawberries to make a puree
* Freeze a mixture of ripe strawberries, honey and lemon to make strawberry sorbet
* Combine strawberries with balsamic vinaigrette and olive oil for a sweet salad dressing

### Sprouted Potatoes

When potatoes are overripe, they tend to develop sprouts that stick out the sides. The sprouts and any green parts of the potato should be cut out because they are poisonous, but the rest of the potato. The rest of the potato can still be used:

* Grate older potatoes into hash browns for breakfast
* Boil and mash into classic mashed potatoes
* Make baked potato soup
* Combine older potatoes with other vegetables to make a vegetable stock