

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** 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:

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:

Some fruit and vegetables tend to go off quicker than others

Examples include: B _____, P _____, S _____, P _____

List 3 ways to use over ripe bananas

List 3 ways to use over ripe peaches and nectarines

List 4 ways to use over ripe strawberries

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 can still be used:

List 4 ways to use sprouted potatoes

Now use the answer sheet to green pen review your work before sending a photo of it to Mrs M

