



THE ULTIMATE GUIDE TO A ZERO WASTE HALLOWEEN



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Ultimate No Food Waste Pumpkin Hummus

Ingredients

- Pumpkin, cooked (around 100g)
- 1 can chickpeas, with chickpea water
- 1 tbsp tahin
- 1 tbsp olive oil
- Pinch paprika or chilli powder
- Salt and pepper to taste



1. Blend in a blender until creamy, adding a little more olive oil or water if needed.

Believe it or not, those pumpkin and squash peels you've been discarding are not only edible but can also become a tasty Halloween treat! The process is simple: give the peels a good wash, coat them in olive oil and your preferred seasoning, then bake them at 180°C for 20-30 minutes until they turn delightfully crispy. This is a perfect addition to your Halloween party menu, allowing you to savour every bit of these seasonal treasures.



Ultimate No Food Waste Roasted Pumpkin Seeds

Don't throw away those pumpkin seeds – transform them into the most delicious, nutritious snack to enjoy any time of the year. but you can mix it up with any flavours you like. Enjoy them on their own or scatter over salads and soups for extra crunch.

Rinse well to remove any strings and dry thoroughly. Enjoy them on their own or scatter over salads and soups for extra crunch, they also make an excellent salsa. You can also freeze them.



1. Rinse well to remove any strings and dry thoroughly.
2. Toss in olive oil, and your favourite spice, I like chilli flakes, but you can mix it up with any flavours you like and
3. Roast at 180C for 10 minutes.

Top tip

An astonishing amount of pumpkin goes to waste every year amounting to millions worth of perfectly edible food. This unfortunate trend is primarily due to people discarding the pumpkin flesh after carving, unaware of its potential as a delicious and nutritious ingredient. Surprisingly, almost one in five individuals remain uncertain about how to cook a pumpkin, often unaware that those decorative pumpkins found in supermarkets are entirely edible and can be transformed into scrumptious dishes with just a bit of effort.

I have a deep appreciation for minimizing food waste, and I've discovered a wonderful way to maximize your jack-o'-lantern this year. Instead of the traditional carving method, consider decorating it. You can use markers or black food colouring to paint all sorts of creative patterns and designs on the pumpkin. Not only is this approach less messy, making it perfect for little hands to participate without any safety concerns, but it also extends the pumpkin's shelf life. After the festive season concludes, you can simply cut into the flesh and incorporate it into a delicious dish, ensuring that nothing goes to waste.



pumpkin Season



Carve Varieties

An ample amount of pumpkin waste occurs during Halloween season. To reduce this waste, I suggest decorating or carving your pumpkin on the morning of the 31st, so it doesn't spend too much time outdoors. If you decide not to use it for culinary purposes, consider reaching out to local farms, where these pumpkins can serve as valuable feed for animals such as pigs and goats.

Make a pumpkin puree: Make a puree from the flesh and add to homemade pumpkin spice lattes or even pumpkin cocktails! simply roast your leftover pumpkin in the oven and roast for 45-60 minutes at 180C then blend in a processor until creamy. Be sure to add my home made pumpkin spice mix.

Add to

Risottos

Pies

Muffins

pumpkin spice lattes

pancakes



Pumpkin Spice Mix

1 tsp cinnamon

1/2 tsp ground ginger

1/4 tsp ground nutmeg

1/8 tsp ground cloves

Save the scraps: Instead of throwing your pumpkin scraps (the stringy part) in the bin, keep them as leftovers. They work brilliantly added to soup or homemade veggie burgers. Alternatively, pop them in a bag in the freezer to keep them fresh until you need them.