

Ingredients

- 17 cups water
- 1 pineapple large, the peel core
- 2 oranges any variety
- 1 lemon
- 2 Tbsp Turmeric grated
- 3 Tbsp ginger grated
- 1/2 tsp Cayenne pepper or fresh black pepper (for absorbing turmeric nutrients)
- 2 sprigs rosemary or thyme, basil, lemon thyme, etc.
- 2 cinnamon sticks
- 3 Tbsp honey optional, can be added in teaspoons when serving the tea. OR maple syrup for vegan.

Pineapple Rind Tea (Anti - inflammatory tea)

Instructions

Step 1: Clean the pineapple.

1. It's essential to clean the pineapple skin thoroughly. You can do this by scrubbing the pineapple thoroughly with a vegetable brush. I like to do a vinegar soak - which helps to remove bacteria and pesticides from the skin.

Step 2: Remove the peel.

1. Pat the rinsed pineapple dry and then remove the peel with a sharp paring knife. You can also use the pineapple core.

Step 3: Prepare the remaining ingredients.

1. Prepare the ginger and turmeric roots by washing and peeling them and then grating them using a garlic grating dish or a fine grater. Do this step with gloves on as the turmeric WILL stain your skin.
2. Juice the lemon and oranges.

Step 4: Brew the pineapple tea.

1. Add all the ingredients (except the honey) into a large pot with water and heat over medium heat. Bring to a boil and then allow to simmer for an hour - the longer it simmers, the more flavorful it will become.

Step 5: Sieve and decant the pineapple ginger tea.

1. Allow the tea to cool down slightly before you sieve it and transfer it to bottles.
2. You can add a little sweetener now (honey), or just before serving it.

How To Serve

You can enjoy the pineapple tea warm or cold. It can be enjoyed alone or added to other drinks, including lemonade and cocktails in place of pineapple juice.

How To Store

Fridge: Store the leftover pineapple skin tea in airtight containers in the refrigerator for up to 10 days.



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*Ingredients are only suggestions.
Please use whatever you have on hand.*



Leafy Greens Pesto

Instructions

1. Add the greens to a food processor, and then sprinkle the seeds or nuts and garlic overtop. Pulse a few times to coarsely chop, and then process in a few longer bursts; you want the mixture to be evenly chopped but still have some texture. Scrape down the sides, and then sprinkle the salt, pepper, lemon juice, and optional cheese or fresh herbs over the top.
2. Finally, with the machine running, pour the oil in a fine stream through the hole. Process until pesto is mostly smooth. (I like to keep just a hint of texture.) At this point you may adjust seasonings to taste, if desired, with an extra pinch of salt or squeeze of lemon juice.
3. Use immediately or transfer the mixture to an airtight container and store in the refrigerator, where the pesto will keep for up to one week. The top layer will brown slightly over time but will still taste good. (See tip.)
4. For longer storage, transfer the pesto to freezer-safe containers or jars***, add a thin layer of olive oil to cover the surface (optional but fends off freezer burn), put on the lids, and then label with the date and freeze. The frozen pesto will keep for about a month.

Ingredients

- 4 ounces (or 4 packed cups) arugula, fresh spring mix, or other leafy greens of choice
 - ½ cup raw sunflower seeds or nuts of choice
 - 2 cloves garlic.
 - 1/2 teaspoon kosher salt and several grinds of the pepper mill
 - 2 tablespoons (30ml) freshly squeezed lemon juice.
 - 1/3 to 1/2 cup (75-112ml) olive oil
- Optional: 2 tablespoons finely grated Parmesan cheese or nutritional yeast, a few sprigs of fresh herbs like basil, parsley, mint, or chives**



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How to Dry Vegetables in the Oven

- The first step is to clean the veggies.
- Then cut your vegetables into smaller pieces.
- Preheat the oven to the lowest possible setting - 140°F (60°C).
- Arrange your vegetables on a lined baking tray.
- Drying vegetables in the oven will take anywhere from 4 to 8 hours.

Vegetables for Drying

You can dry almost any vegetables in the oven, but there are a few that will yield the best results.

Zucchini, Peppers, Onions, Mushrooms, Carrots, Broccoli, Tomatoes, Leafy greens

Ingredients

- 1 Tablespoon smoked paprika
- 2 teaspoon brown sugar
- 1 teaspoon garlic powder
- 1 teaspoon dry mustard
- ½ teaspoon black pepper
- 1 ½ teaspoon Kosher salt
- ¼ teaspoon crushed red pepper flakes optional

Vegetable Scrap BBQ Spice Mix

Instructions

1. Blender/Coffee grinder. Add the vegetable mixture in small batches and process to form a powder. Sift through a strainer into another bowl and keep processing until it is all in powder form. You may have some residual chunks left, which you can keep or break apart with a mortar and pestle. You can also use this as an alternative to stock by adding 1 tablespoon per 1 cup of water. Makes 2 1/2 cups.

2. Make the seasoning. Combine all ingredients in a mixing bowl. If you prefer a little heat, add in the crushed red pepper flakes.

3. Use and store. Use immediately or store in an airtight container for up to two months.



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Zero Waste Salsa

Instructions

1. Preheat your broiler while you give all vegetables a rough chop. Toss in olive oil and place single layer on a cookie sheet.

2. Broil vegetables for 5-8 minutes until skin starts to blister and veggies start to color. While this is happening, remove the cilantro stems.

3. Once the vegetables are ready, remove from the oven and put everything into a food processor or blender.

4. Add cilantro and juice from half the lime. Pulse 4-5 times until you've reached your desired consistency.

5. Add salt and pepper. If you'd like more lime flavor, add the juice from the other half of the lime. Adjust the salt and pepper to taste if needed and serve.

6. This will keep up to one week in the refrigerator or can be frozen in smaller batches for longer storage and thawed as desired.

Ingredients

- 4 tomatoes
- 1 peeled carrots skin
- 3 bell pepper scarps
- 1-2 jalapenos
- 1 lime
- 1/2 bunch fresh cilantro
- 1 medium onion
- 6 cloves garlic, peeled
- 1 tablespoon olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper



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