

Use the whole vegetable

Carrots



Simple ways to waste less and make food go further

Food is more than what is on the plate. It is about health, connection, culture and community.

Using more of what we already have is one of the easiest ways to reduce waste, save money, and make food go further.

You paid for the whole vegetable – use it!

Every year, households throw away good food. But many of the parts we discard are:

- Nutritious
- Useful
- Perfect for stretching meals

Reducing food waste helps:

- Save money
- Stretch your groceries further
- Reduce pressure on the food system
- Build everyday food resilience



TOP TIP

Carrot tops can be strong, mix with parsley or spinach to soften the flavour.

What most people use: The root

What you can also use: Carrot tops

Don't toss them – carrot tops are food too

Carrot Top Pesto

Ingredients

- 1 cup carrot tops (packed, washed well)
- ¼ cup oil (olive oil or any oil you have)
- 1–2 cloves garlic (or ½ tsp garlic powder)
- 2–3 tbsp nuts or seeds (optional)
- 2–3 tbsp cheese (optional)
- Pinch of salt

How to make

- Wash carrot tops well (they can hold dirt)
- Roughly chop
- Add everything to a blender or food processor
- Blend until smooth (or slightly chunky)
- Add more oil if needed to loosen

Make it work with what you have

- No nuts? Use sunflower or pumpkin seeds (or leave out)
- No cheese? Add a little extra salt
- Optional: add lemon juice or vinegar to lift flavour

What it should look like

- Bright green
- Slightly textured
- Spoonable (not too thick or dry)

Use on:

- Pasta
- Toast
- Sandwiches
- Pizza
- Stir through leftovers
- Add to roasted vegetables

Other ways to use carrot tops

Add to Homemade Stock

- Add to your veggie peeling scraps supplies
- Simmer with peelings and ends

Use them like they are herbs

Chop and add to:

- Soups
- Fried rice
- Salads
- Eggs

Add to baking

Mix into:

- Savoury muffins
- Fritters
- Pancakes

Stir through eggs to make...

- Omelettes
- Scrambled eggs
- Frittata

What do they taste like?

- Mild
- Slightly earthy
- Similar to parsley (with a stronger edge)

What to avoid

- Don't use large amounts raw (can be bitter)
- Always wash well

Using carrot tops might seem like a small thing, but it represents something bigger.

Before you throw it out, ask:

- Can I cook it?
- Can I freeze it?
- Can I add it to stock?
- Can I turn it into another meal?

When we start using the whole ingredient... not just the "usual" parts; we are not just saving money, we are building a more resilient food system, one meal at a time.

Food resilience isn't just about what we buy, it's about how we use it.

