

# Composting TakeOut



## Today We Learned | Composting

- Composting is the natural process of recycling organic matter, such as leaves and food scraps, into a valuable fertilizer that can enrich soil and plants. Anything that grows decomposes eventually.
- More than half of what we throw into the trash is compostable, but in the trash it cannot compost!
- Food waste is harmful when sent to landfills because it decomposes anaerobically, meaning oxygen which creates greenhouse gasses, methane and carbon dioxide, that contribute to climate change.
- Composting can be done in urban areas. Even if you don't have a yard you can find compost drop-off locations in your neighborhood and bring your food scraps.
- Ways to advocate for composting and compost bins in your home, school, and community

## Breakfast Idea | AVOCADO EGG SALAD (adapted from [Inspired Taste](#))

What a fantastic way to kickstart your morning with the power-packed combination of avocado and eggs! This avocado egg salad is not only nutritious, delicious, and filling, but it also allows you to save the scraps and compost it, giving back to the soil the nutrients it used to grow your food. Here's how to make it:

- Mash together in a medium bowl 1 medium avocado, 2 tsp light mayonnaise (or greek yogurt), and 1 1/2 teaspoons fresh lemon juice.
- Peel and chop 4 hard boiled eggs and stir into the mix.
- Season with salt and pepper, to taste.

Spread it on top of toast or crackers and *don't forget to compost!!!*

## Tips and Tricks

1. **The perfect eggs** Put your eggs in a pan and make sure they are covered with water by 1 inch. Cover and heat the water until it starts boiling. After the water has boiled, adjust the heat to medium-high and let it boil for approximately 6-7 minutes (a shorter boiling time will result in softer eggs, while a longer boiling time will make them firmer). Take out the eggs, submerge them in ice water or allow cold water to flow over. By following this method, you'll be able to remove the peels more quickly. Peel and enjoy!
2. **Hard avocado?** Finding ripe avocados can sometimes be a challenge. Here's a handy trick to speed up the ripening process: simply put the avocado in a paper bag along with an apple or banana, then seal it up. The gas released by the fruit will hasten the ripening of the avocado.
3. **Add a crunch** Got a little spare time? Dice a celery stick into small pieces and mix it into the salad to give it a satisfying crunch.

