



HOW TO USE CITRUS PEELS



The average American eats over
9 POUNDS
of vitamin C rich citrus each year.

The peels can account for up to 25% of the fruit!

That adds up to hundreds of millions of pounds of peels in the trash. After all those peels reach the landfill, they break down and release methane gas. The good news is these **EDIBLE** peels have more uses than packaging the fruit within them.



HOW TO BUY

Unlike other produce, citrus doesn't ripen after it is harvested. Choose fruits that yield to slight pressure and are free of mushy spots; fruit should be heavy for its size. Scars and blemishes have no effect on the flavor or quality.



HOW TO STORE

Citrus keeps for about two weeks at room temperature and up to two months in the refrigerator. Store loose and away from moisture. Cut fruit lasts up to two days in the refrigerator.



FREEZING CITRUS

Most citrus can be frozen but navel oranges can turn bitter. Before freezing peel fruit and segment. Spread segments on a cookie sheet in the freezer and transfer to a labeled container once frozen.



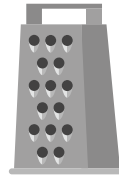
SAINT PAUL
PUBLIC WORKS

Food: Too Good to Waste • stpaul.gov/foodwaste

SOURCES: Sustainable America, ZeroWaste Chef, Girl Scouts

USE PEELS IN THE KITCHEN

Candy the Peels. Remove as much of the white stuff (pith) as you can, simmer peels in water for 25 minutes. Drain. Bring 1/2 cup water and 1/4 cup sugar to a simmer until sugar dissolves, add peels and bring to boil. Reduce heat and simmer 15 minutes. Dry on a wire rack and enjoy when cool!



Zest up your food! Before eating or juicing the citrus, zest it and put it away in the freezer. Use grated zest for baking or sprinkling on salads or fresh fruit. To make citrus salt skip the freezer and mix zest with an equal amount of coarse sea salt and use to season meat, vegetables, pasta, risotto, rice, soup, and more!

USE PEELS FOR CLEANING



Citrus peels contain d-limonene, a natural compound that breaks down oil. Place citrus peels in a jar with vinegar for two weeks. Strain and use your citrus cleaner around the home, either full strength or diluted.

Clean your microwave. Throw your orange peels in a bowl with some water and microwave for 60 seconds. The steam will loosen dried on food for quick clean up and the peels will freshen any bad odors.



Polish wood. Use the white side of an orange peel to polish wood furniture and cutting boards. Rub with the peel, then buff with a soft cloth.

USE PEELS AROUND THE YARD

Repel pests. D-limonene, found in citrus peels, repels ants and slugs. Place peels around plants to keep them away. Placing bits of citrus peel around the yard is said to help prevent flies and mosquitos too!



Add peels to the fire! Dried citrus peels make great kindling and add a unique scent.

Make bird feeders. Cut citrus in half and enjoy the fruit! Fill the leftover citrus bowl with birdseed and hang from a tree.

