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Chef Lisa Dupar shares recipes, recycle tips

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Submitted by [Leslee Jaquette](#), Community Journalist
Tuesday, July 10th, 2012, 8:30am

Topics: [Environment](#), [Events](#), [Home & Garden](#)



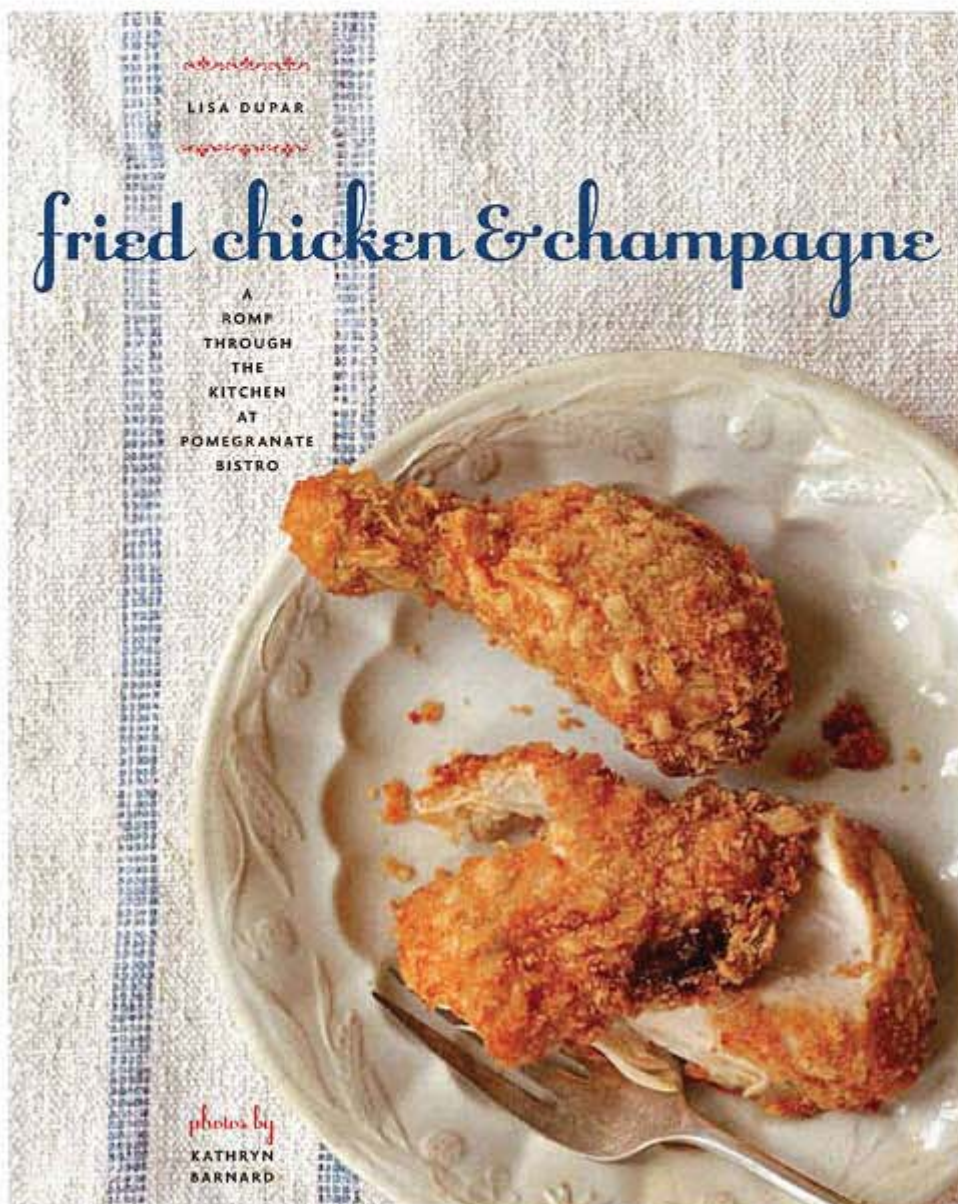
Lisa Dupar will talk about reducing kitchen waste at Derby Days. Courtesy Lisa Dupar.

Do you want to learn how to cook without so much waste? Then, look for the Waste Management-hosted Waste-Free Cooking Station at the [Derby Days](#) IMPACT Eco-Fair on July 14th.

At the station, Redmond chef and owner of [Lisa Dupar Catering](#) will demonstrate some of her signature recipes and provide tips on how people can improve their food scrap recycling at home.

Here are a few tips on recycling in the kitchen:

- **Get a kitchen collection container.**
- **Start recycling!** Put veggie and fruit trimmings, meats, bones, plate scrapings, egg shells and coffee grounds in your kitchen collection container. If it's food, it's recyclable. And don't forget food-soiled paper! Paper towels, napkins—even greasy pizza delivery boxes are recyclable, too.
- **Know what to leave out.** Grease, liquids, pet waste, diapers, plastic, metal and glass can't go in your food waste container.
- **Take your scraps to the curb.** Empty your kitchen collection container directly into your food and yard waste cart.
- **Support the cycle.** In two months, food scraps will become nutrient-rich compost that you can use in your garden. Pick up a bag of compost and continue the cycle of life.



Lisa Dupar's book "Chicken & Champagne." Courtesy Lisa Dupar.

Topics: [Environment](#), [Events](#), [Home & Garden](#)



Redmond chef demonstrates food recycling tips

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Submitted by [Leslee Jaquette](#), Community Journalist
Friday, September 28th, 2012, 7:25am

Topics: [Community Spirit](#), [Environment](#), [Events](#)



Chef Lisa Dupar will share recycling tips.

Courtesy Lisa Dupar.

Did you know that almost 30 percent of what goes into the garbage is made up of food scraps and food-soiled paper. By [recycling](#) food scraps and food-soiled paper, we can reduce the amount of garbage going into our landfills and save valuable resources from going to waste.

[Lisa Dupar](#) of Pomegranate Bistro and Lisa Dupar Catering of Redmond will give a waste-free cooking demonstration at the Carnation Farmer's Market on October 2 at 3:30, 4:30 and 5:30 p.m. Her featured recipes include Lisa's Southern Fried Chicken and Rich Man's Gazpacho.

Here's how to get started recycling scraps and food-soiled paper:

- **Get a kitchen collection container.** Buy a container specifically made for food scraps, or just use a reusable container you have around the house – a yogurt container or a coffee can with a lid works well.
- **Start recycling your food scraps!** Put veggie and fruit trimmings, meats, bones, plate scrapings, egg shells and coffee grounds in your kitchen collection container. If it's food, it's compostable. And don't forget food-soiled paper! Paper towels, napkins—even greasy pizza delivery boxes can go in your food and yard waste cart!
- **Know what to leave out.** Grease, liquids, pet waste, diapers, plastic, metal, and glass can't go in your food waste container
- **Take your scraps to the curb.** Empty your kitchen collection container directly into your food and yard waste cart.
- **Support the cycle.** In two months, your food scraps will become nutrient-rich compost that you can use in your garden. Pick up a bag of compost and continue the cycle of life.

Last farmers market for 2012 set for Thursday



Submitted by [Ray Marcham](#), KOMO Communities Reporter
Wednesday, October 10th, 2012, 10:53am

The season started on a rainy day in May. It ends a day before the rains are scheduled to return.

The [Snohomish Farmers Market](#) will wrap up another successful season on Thursday. The market opens at 3 p.m. and will stay open until dusk.

It is Customer Appreciation Day, and everyone who stops by the market's headquarters tent will get a free market bag. There will also be demonstrations of waste-free cooking by chef Adam Hoffman at 3:30, 4:30 and 5:30, in conjunction with Waste Management.

Nikki Schilling will be performing at the market, bringing her great jazz sounds with her.

Once it gets dark on Thursday, the market's 21st year comes to an end. Then it's time to start planning for 2013.