



TECHNICAL DATA -

Total Preserved Items: 149

Types of Preparations: Vinegars / Dehydrated / Preserved in Oil and Sugar

Total Collection (Preserves + Vinegars + Dehydrated): 142

Recipes Developed: 16

Total Duration: 160 days

Cooking Hours: 296 hrs

Harvesting Hours: 45 hrs

Harvesting Days: 19 days

Cooking Days: 37 days

Types of Preserves - 16

1. Brussels Sprouts Sauerkraut
2. Artichoke Hearts
3. Preserved Eggplants
4. Preserved Bolognese Sauce
5. Roasted Peppers & Tomato
6. Plum Paste with Raisins and Walnuts
7. Strawberry Jam
8. Melon Preserve
9. Kiwi and Mandarin Jam
10. Smoked Red Pepper
11. Pineapple Chutney
12. Sun-Dried Tomato Chutney
13. Roasted Chili
14. Preserved Cherries
15. Apple Compote
16. Apple Vinegar (from peels and cores of the compote)

Fruits and Vegetables - Source: La Vega Italia Market

- **Total Fruits and Vegetables Used:** 1.55 tons
- **Cooked:** 469.06 kg
- **Composted:** 886.09 kg
- **Donated (to community kitchens in Quinta Normal and GGrada Children's Home (SENAME):** 268.065 kg

Estimated CO₂ reduction: Equivalent to avoiding 13x CO₂ emissions by taking responsibility for these rescued vegetables.

