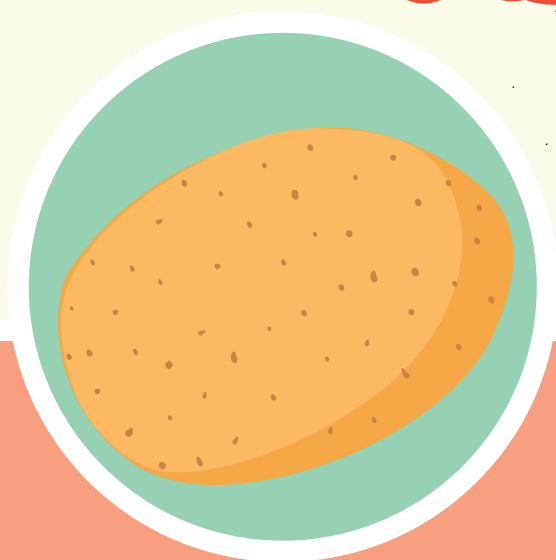


# Fantastic Peels



## Potato Peels



### **Yummy Snack!**



Image credit: Faith Durand

Heat the oven to 400°F. Toss the peels with oil and seasonings. Roast for 15-20 mins and stir halfway through roasting. Sprinkle with cheese and scallions! Sprinkle with cheese and scallions!

Source: The Kitchn  
<https://goo.gl/ga5T65>

### **Eye Treatment!**

The enzymes and chemicals in potato can help cure puffy eyes and dark circles! Rub the inside of the potato peels gently around the eyes and place it on your closed eyes for about 10-15 mins. Do it regularly!

Source: DIY Remedies  
<https://goo.gl/w1epbs>



## Pomelo Peels



### **Seeding Starters!**



Image credit: My Roman Apartment

Fill a pomelo rind with soil and turn it into a starter pot for growing seeds. Once the seeds begin to grow, you can plant the entire pot into the ground. The pot will compost into the soil and add nutrients to the plants as they grow.

Grapefruits, tangerines and oranges are also perfect for making starter pots!

Source: My Roman Apartment  
<https://goo.gl/1eQcXn>

### **More ideas about using citrus peels:**

- 20 Genius Ways To Use Citrus Peels You've Probably Never Thought Of,  
<https://goo.gl/NyFnGK>  
Source: Natural Living Ideas



## Apple Peels



### **Sweet Tea!**



Image credit: Emily Han

Simmer organic apple peels in a saucepan of water for 5-10 mins to make a cup of apple peel tea.

Source: The Kitchn  
<https://goo.gl/DQTqWK>

### **More ideas about using apple peels:**

- 7 Ways to Use Leftover Apple Peels  
<https://goo.gl/8mfZA3>  
Source: The Kitchn



PolyU Green Campus



**Campus Sustainability Committee**  
**Campus Sustainability Office**

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