

FOOD PARTS		EDIBLE or INEDIBLE	
	NUTS MEG		
	BITTER ALMONDS		
	MANGO SKIN and PIT		
	ELDER BERRIES		
	APPLE SEEDS		
	RHUBARB SEEDS		
	FRUIT PEELS		
	VEGETABLES PEELS		
	EGG SHELLS		
	BONES		
	RINDS		
	PITS		
	STONES		
	BANANA PEEL		
	WATERMELON RIND		
	CORN COB		
	COFFEE GROUNDS		