

Storage Tips

Honeydew Melons: Whole, ripe honeydew melons can be stored in the refrigerator. Once cut, honeydew should be sealed in an airtight container or wrapped tightly and stored in the refrigerator.

Grapes: Store them unwashed in a plastic bag in the refrigerator. Grapes usually keep well for about 1 to 2 weeks in the fridge. You can also freeze grapes for future snacking or use in cooking.

Broccoli - To store, mist the unwashed heads, wrap loosely in damp paper towels, and refrigerate. You can also store unwashed broccoli in a plastic bag in the refrigerator.

Cauliflower - Store, stem-side down in a plastic bag in the refrigerator (stem-side down prevents moisture from collecting in the florets & possibly causing the head to spoil).

Mushrooms - Prepackaged mushrooms should stay in the package, but loose mushrooms or those in an open package should be stored in a paper bag or in a damp cloth bag in the refrigerator. Do not place in plastic bag.

Potatoes - Store in a well-ventilated area so they stay fresh longer. Do not refrigerate. Place them in a metal basket or rack, a wooden crate or a cardboard box with holes. Keep out of sunlight & in a cool, dark & slightly humid place, like a basement, unheated closet or cupboard.

Spaghetti Squash: Store squash in a cool, dry place. Cut squash should be tightly wrapped in plastic wrap and refrigerated.



Happy Father's Day from Garden to Doorstep Organics

Curry with Potatoes, Peas & Cauliflower

*1/4 cup cooking oil *1 Tbsp. ground coriander *1 1/2 tsp. ground cumin *1/2 tsp. turmeric *1/4 tsp. dried red pepper flakes *1 med. head cauliflower, cut into florets *1 1/2 pounds potatoes, cut into 1 inch pieces *1 cup canned crushed tomatoes in thick puree *1 Tbsp. cilantro *1/2 cup water *1 tsp. salt *1 cup frozen peas

In a large deep frying pan, heat the oil over moderate heat. Add the coriander, cumin, turmeric, & red-pepper flakes & stir. Add the cauliflower & potatoes & cook, stirring frequently, until the vegetables start to soften, about 5 minutes. Add the tomatoes, cilantro, the water & salt. Bring to a simmer, reduce the heat to low & cook, covered, until the vegetables are tender, about 15 minutes. Stir in the peas & cook, covered, until the peas are tender, about 2 minutes longer.

Roasted Mushrooms & Baby Broccoli

*1 bunch baby broccoli *4 Tbsp. olive oil *1 tsp. salt *1 small onion, finely chopped *8 ozs. mushrooms, thinly chopped *1/4 cup dry white wine (optional) *1/4 tsp. pepper *grated parmesan cheese for serving
Preheat the oven to 400°F. Put the baby broccoli on a baking sheet, drizzle with 2 Tbsp. of the oil, sprinkle with 1/2 tsp. of the salt & toss to coat evenly, then spread in a single layer. Roast, turning once with tongs, for 10 to 15 minutes, until crisp-tender. If the stems are not uniform in size, remove thinner ones as they are done. Transfer to a platter. In a large (12 inches or wider), deep frying pan, heat the remaining 2 Tbsp. oil over medium heat. Add the onion & cook, stirring occasionally, for about 5 minutes, until starting to soften. Raise the heat to medium-high, add the mushrooms & the remaining 1/2 tsp. salt. Cook, stirring occasionally, for 7 to 10 minutes, until the mushrooms are golden brown. Add the wine & cook for about 2 minutes more, until the pan is dry. Stir in the pepper. Spoon the mushrooms over the baby broccoli, then scatter some Parmesan over the top. Serve warm or at room temperature.

Parmesan Mushroom & Spaghetti Squash

*2 pounds spaghetti squash *2 Tbsp. olive oil *2 cups mushrooms, cut into bite size pieces *2 cloves garlic, minced *1 tsp. dried thyme *1/4 cup grated parmesan cheese *1 Tbsp. dried parsley *salt & pepper to taste
Preheat oven to 375°F. In a large pan, add olive oil, garlic & thyme. Cook for 2 minutes over high heat & add mushrooms. Cook until mushrooms are golden brown (about 7-8 minutes). Turn off the heat & set aside. Wash the spaghetti squash under water & dry it. Put the spaghetti squash on a baking tray & pierce the skin a few times using a knife. Bake for about 1 hour, until squash can be pierced with a knife. Take the squash out of the oven & let it cool to room temperature for about 15 minutes. Cut in half & get rid of the seeds. Use a fork to scrape the squash into strings. Add the spaghetti squash strings to the pan, turn the heat to high & quickly fry with mushrooms. Sprinkle parmesan while sautéing for a minute. Turn the heat off, top with parsley & season with salt & pepper.

Roasted Cauliflower & Potatoes

*1 small cauliflower, cut into florets *1 1/2 pounds potatoes, cut into 1 inch cubes *1 (15 oz.) can chickpeas, drained & rinsed *4 Tbsp. olive oil *2 1/2 tsp. salt *1 tsp. cumin seeds
FOR VINAIGRETTE: 1/3 cup chopped olives *3 Tbsp. olive oil *2 Tbsp. lemon juice *1 large clove garlic, pressed *1/4 tsp. ground cumin *1/4 tsp. pepper
Preheat oven to 450°F. In a large bowl toss cauliflower florets, potatoes & chickpeas with 3 Tbsp. of olive oil, cumin seeds, 1 tsp. salt & 1/2 tsp. pepper. Spread the mixture out in large non-stick low-sided baking pan or one lined with foil. Roast for 25-30 minutes or until the cauliflower & potatoes are tender & are starting to brown. Make the Vinaigrette: While the vegetables are roasting, whisk olives, oil, lemon juice, garlic, 1/2 tsp. salt & 1/4 tsp. pepper. In a large bowl toss the vegetables & chickpeas with half the vinaigrette. Transfer to a serving bowl or platter. Drizzle the rest of the vinaigrette over the top. Serve warm or at room temperature.

Honeydew Frozen Dessert

*1 honeydew melon *1 Tbsp. lemon juice *2 tsp. maple syrup or honey
Slice the honeydew into 1" chunks & spread out on a baking sheet. Put it in the freezer for 4-6 hours until frozen. Once frozen, put the chunks in the blender with the lemon juice & sweetener. You may need to add a couple tablespoons of water to help it to start blending. If you don't have a high-powered blender, you can make this in a food processor. Blend until smooth. Put it back into the freezer for another 30 minutes until it sets. Scoop & serve!

"A truly rich man is one whose children run into his arms when his hands are empty"

Unknown

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