

Storage Tips:

Peaches: **Store** peaches at room temperature until ripe — this usually takes 2 to 3 days. A ripe fruit will yield a bit when pressed gently. To speed up the ripening process, place peaches in a paper bag and **store** at room temperature, out of direct sunlight. Once ripe, store them in the crisper drawer of the refrigerator.

Apples: Store in the crisper drawer of the refrigerator.

Onions - Store in a dark, cool, well-ventilated area. Punch holes in a paper bag (if you have a hole punch, that works great). Place onions in the bags and paperclip them closed. Store in a basement or any other darker, cooler place. Do not refrigerate them.

Bell Peppers - Store in plastic bag in the crisper drawer of refrigerator. To freeze: slice or chop peppers, spread in a single layer on cookie tray and freeze, then promptly place in airtight containers or heavy-duty freezer bags and return to freezer.

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.

Cucumbers - wrap cucumbers individually in a paper towels & then place in a plastic bag & store in the crisper drawer of the refrigerator.

Lettuce: Pat the lettuce dry with a paper towel. Wrap lettuce in a paper towel & store in an airtight plastic contain (you can use a plastic bag too). Store in the refrigerator.

Vinegar Cucumbers & Onions

*1 large cucumber, peeled & thinly sliced *1/2 large onion, thinly sliced *1 1/2 cups apple cider vinegar *1/2 cup water *1 tsp. salt *pinch of pepper
Place your cucumbers & onions in a Tupperware or large jar & fill with the vinegar, water, salt & pepper. Stir to combine. Keep covered in the refrigerator for up to one week.

Mushroom Kabobs

*3/4 cup sliced mushrooms *2 bell peppers, chopped *1/2 onion, thinly sliced *1/4 cup olive oil *2 Tbsp. lemon juice *1 clove garlic, minced *1 tsp. dried thyme *1/3 tsp. dried rosemary *1/4 tsp. salt *1/4 tsp. pepper
Preheat grill for medium heat. Thread mushrooms, onions & peppers alternately on skewers. In a small bowl, mix together olive oil, lemon juice, garlic, thyme, rosemary, salt & pepper. Brush mushrooms & peppers with this flavored oil. Brush grate with oil & place kabobs on the grill. Baste frequently with oil mixture. Cook for about 4 to 6 minutes, or until mushrooms are tender & thoroughly cooked.

Grilled Romaine & Vegetable Salad

For Vinaigrette: *1/4 cup balsamic vinegar *2 Tbsp. olive oil *1 Tsp. dried basil *1 tsp. garlic powder
For Salad: *2 heads romaine lettuce hearts, halved lengthwise *1 Tbsp. olive oil *1 cup mushrooms, halved *1 bell pepper, cut into 1/2 inch chunks *1/2 onion, thinly sliced *1 tsp. garlic powder *1 tsp. onion powder
For the Vinaigrette, mix all ingredients in small bowl with wire whisk until well blended. Set aside. Brush Romaine lettuce lightly with some of the oil. Toss vegetables with remaining oil, garlic powder & onion powder in large bowl. Place vegetable mixture in grill basket sprayed with no stick cooking spray. Grill vegetable mixture 10 to 12 minutes or until tender, turning occasionally. Grill Romaine lettuce over medium heat 3 to 4 minutes or until lightly browned, turning frequently. Cut Romaine lettuce halves lengthwise in half. Place lettuce on individual plates; top with grilled vegetable mixture. Drizzle with Vinaigrette.

Mexican Inspired Stuffed Peppers

*1/2 Tbsp. salt *2 peppers, tops, seeds & membranes removed *1/2 Tbsp. olive oil *1/4 cup chopped onion *1 cup cooked rice *1/2 can black beans, drained & rinsed *1/2 can chili style diced tomatoes *1/2 tsp. chili powder *1/2 tsp. garlic salt *1/4 tsp. ground cumin *1/4 tsp. salt *1/2 pkg (4 ozs) shredded Mexican cheese blend
Preheat oven to 350. Bring a large pot of water & 1 Tbsp. salt to a boil. Cook g bell peppers in the boiling water until slightly softened, 3 to 4 minutes. Drain. Heat olive oil in a skillet over medium heat; cook & stir onion in the hot oil until softened & transparent, 5 to 10 minutes. Mix rice, black beans, tomatoes & cooked onion in a large bowl. Add chili powder, garlic salt, cumin, 1/2 teaspoon salt & stir until evenly mixed. Fold 1/2 of Mexican cheese blend into rice mixture. Spoon rice mixture into each bell pepper; arrange peppers in 9x9-inch baking dish. Sprinkle peppers with remaining Mexican cheese blend. Bake in the preheated oven until cheese is melted & bubbling, about 30 minutes.

Caramelized Mushroom & Onion Melt

*2 Tbsp. butter *2 Tbsp. olive oil *1 1/2 large onions sliced into 1/4 inch thick slices *1 Tbsp. sugar *1/4 tsp. thyme *1-2 Tbsp. minced garlic *1 tsp. Worcestershire sauce *8 ozs. mushrooms, cut into 1/4 inch slices *1/2 tsp. pepper *salt to taste *1/4 - 1/2 tsp. red pepper flakes (or more if desired) *1 tsp. flour *1/4 cup veggie broth *1 Tbsp. dried parsley * 5 - 1 ozs. slices provolone cheese, cut in half *10 sliced of French bread *cooking spray

To make the caramelized onion + mushroom filling: Preheat a large skillet on medium heat. Add the butter & olive oil. When the butter is completely melted, add the onions. Let the onions cook down for 5 minutes. Add the sugar & let the onions continue to cook for 15 more minutes. Stir periodically allowing the onions to brown but not burn. Add the garlic, thyme & Worcestershire sauce and let cook for another 2 minutes. Add the mushrooms. Stir & mix everything together until well incorporated. Continue to cook for another 10 minutes. Add the black pepper, red pepper flakes & flour. Cook for 1 minute. Add the veggie broth in 1 Tbsp. at a time. Wait until the onion/mushroom mixture absorbs the liquid before adding the next tablespoon. Once the 4 tablespoons are added, turn off stove remove from heat & add the parsley. **To make the Panini:** To assemble the sandwich, place a halved slice of cheese on a piece of bread. Add desired amount of filling & top with another halved slice of cheese & another slice of bread. Spray one side of the sandwich with cooking spray & place that side down on the Panini press. Spray other side & press sandwich for 3 - 4 minutes or until preferred toast level is achieved.



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