

## Storage Tips for this week's menu

Apples - Place them in the crisper drawer in a plastic bag with holes in it or cover the apples with a damp paper towel.

Oranges: Store unwashed in the crisper drawer of your refrigerator.

Tomatoes - Do NOT refrigerate. Keep them at room temperature on the counter away from direct sunlight.

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

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.

Beets - remove any of the tops (the green part). Make sure the roots are dry & unwashed. Place them in a separate zip lock bags & store in the fridge (do not store with any part of greens attached as they will pull moisture from the root). Beet greens are edible & good for you. They can be chopped up and added to soups, stews or casseroles.

Green Beans: Store unwashed green beans in a reusable container or plastic bag in the refrigerator crisper.

# Garden to Doorstep Organics

## Green Beans with Grape Tomatoes

\*green beans, cut into 2 inch pieces \*1 ½ cups water  
\*1/4 cup butter \*1 Tbsp. sugar \*3/4 tsp. garlic salt  
\*1/4 tsp. pepper \*1 ½ tsp. chopped fresh basil (or ½  
tsp. dried) \*grape tomatoes, halved  
Place beans & water in a large saucepan. Cover &  
bring to a boil. Set heat to low & simmer until  
tender, about 10 minutes. Drain off water & set  
aside. Melt butter in a skillet over medium heat. Stir  
in sugar, garlic salt, pepper & basil. Add tomatoes &  
cook stirring gently just until soft. Pour the tomato  
mixture over the green beans & toss gently to blend.

## Beet Orange Salad

\*1 pound beets \*3 Tbsp. olive oil \*3 Tbsp. water  
\*1/3 cup orange juice \*salt \*2 oranges \*1/4 cup  
chopped, roasted walnuts  
Place 2 pounds beets on a large piece of foil. Drizzle  
with 1 Tbsp. olive oil & 3 Tbsp. water & close into a  
packet. Roast at 400 degrees until tender, 50  
minutes. Peel the beets & cut into wedges. Whisk  
orange juice, 2 Tbsp. olive oil & salt to taste in a  
bowl. Add 2 segmented oranges, the beets & ¼ cup  
chopped, roasted walnuts & toss.

## Spice Roasted Butternut Squash

\*1 butternut squash, peeled, seeded & cut into 1 inch dice \*2  
Tbsp. olive oil \*1 ½ tsp. ground cumin \*1 tsp. ground coriander  
\*1/4 tsp. cayenne pepper \*salt & pepper  
Preheat the oven to 425 degrees. In a large bowl, toss the  
squash with the olive oil, cumin, coriander & cayenne &  
season with salt & pepper. Spread the squash on a baking  
sheet in a single layer & roast in the oven for about 40  
minutes, until tender & lightly browned, tossing once halfway  
through. Transfer to a bowl & serve.

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friend orders their second box. Just have them mention your name in the  
comment box when they order.

We promote a greener earth and ask that you put out last week's box and  
bag on the day of delivery so we can reuse them.

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## Spicy Quinoa with Beets & Peppers

\*4 cups vegetable broth \*2 cups quinoa \*1-  
2 large beets \*1-2 peppers \*1 onion \*2-3  
carrots \*2 cups kernel corn \*3-4 cloves  
garlic, sliced in coins \*1 (7 oz.) can green  
chiles \*1 tsp. turmeric \*1 tsp. cumin \*1 tsp.  
chili powder \*1 tsp. red pepper flakes \*1  
tsp. coriander \*olive oil  
Chop beets, carrots, peppers & onions into  
1/2 inch pieces. Bring to boil the broth &  
add quinoa & 3-4 pieces of beet in a  
medium-large sauce pan, let simmer (the  
beets turn the quinoa pink for a nice color).  
Heat olive oil in a large skillet & add carrots,  
beets & spices. Sauté on medium heat until  
almost soft. Add garlic, peppers, onion &  
chiles & cook until done. Remove from  
heat.  
When quinoa is almost done leaving a little  
broth, add the beets mixture into the sauce  
pan. Add corn. Simmer until remaining  
liquid is entirely evaporated. Serve hot or  
cold.

## Honey Roasted Butternut Squash with Pecans & Apples

\*1 lb. butternut squash, cubed \*1 apple,  
peeled, cored & cubed \*3 Tbsp. butter,  
melted \*3 Tbsp. honey \*1/4 cup pecans,  
finely chopped \*1/2 tsp. nutmeg \*1/2 tsp.  
cinnamon  
Preheat oven to 400 degrees. Place cubed  
squash & apple in an 8'x8' baking dish. Add 2  
Tbsp. water & roast uncovered, stirring  
occasionally for 20 minutes, or until almost  
cooked through. Meanwhile, in a small bowl,  
combine butter, honey, pecans, nutmeg &  
cinnamon. Remove squash from oven & pour  
honey mixture over squash. Stir lightly to  
coat. Return to the oven for another 10  
minutes, or until cooked through. Remove  
from oven & serve.

## Shells with Yellow Pepper Tomato Sauce

\*shell noodles \*2 yellow peppers, stemmed & diced \*1 pint tomatoes,  
diced \*salt & pepper \*1/4 cup loosely packed fresh basil leaves (or 2  
Tbsp. dried) \*2 Tbsp. butter, room temperature \*2 Tbsp. olive oil  
Prepare shells according to package instructions. Place peppers &  
tomatoes in a medium-sized saucepan or pot. Pour in ½ cup water &  
turn heat to high. Season with 1 tsp. salt & pepper to taste. Bring to a  
simmer, then turn heat down to medium high. Set a timer for 25  
minutes. After about five minutes, the tomatoes & peppers will begin to  
release their juices & the whole mixture should be bubbling. Adjust the  
heat if necessary so that the mixture stays at a constant bubble —  
medium to medium-high heat. Stir every five minutes or so to make sure  
the tomatoes & peppers are not sticking to the bottom of the pan. If  
they are, add water by the ¼ cup. When the peppers & tomatoes are  
tender & nearly all of the liquid has evaporated, add the basil, butter, &  
oil to the pot, give it a stir & transfer the contents of the pot to a food  
processor or blender. Blend until smooth. Taste. Adjust seasoning with  
more salt & pepper as necessary. Mix with the shell noodles.

