

Storage Tips

Mangoes: If a mango is ripe, it will give slightly when you press on it. If the mango is ripe, place in a plastic bag and refrigerate. Keep unripe mangoes at room temperature & then refrigerate in plastic bag once ripe. To speed up ripening, place mangoes in a paper bag at room temperature.

Grapes - Store loosely in a shallow container in the fridge. Do not wash them until ready to eat.

Carrots - Make sure the roots are dry & unwashed. Place them in a zip lock bags & store in the fridge.

Zucchini: Store in the crisper drawer of your refrigerator. Wash just before use.

Red 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.

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

Sweet Potatoes - Store at cool room temperature, preferably in a dark place away from light. Do not refrigerate.

Spaghetti Squash Burrito Bowls

*1 spaghetti squash *1/2 Tbsp. oil *1/2 can black beans, drained & rinsed *1/2 jar of salsa *1 Tbsp. olive oil *1 bell pepper, cored & sliced *1/2 onion, sliced *2 cup corn kernel, frozen & defrosted *1 jalapeno, cored & sliced (optional) *3 green onions sliced (optional) *1/2 tsp. cumin *salt & pepper *1/2 cup shredded cheddar cheese

Preheat the oven to 375°F & line a cookie sheet with foil. Wash the spaghetti squash & then slice off the stem at the top (if it is too hard to cut, try cutting a few slices in it and microwaving it for 5 minutes to help soften it). Cut squash in half lengthwise & then use a spoon to scrap out the seeds & the darker yellow strands to which the seeds are attached. Rub a little bit of oil on the inner edges of the squash & then place each half face down on the baking sheet. Roast in the oven for 30-45 minutes, depending on the size (longer for larger squash). You can test to see if it's done by scraping the inside with a fork. Strands should come loose as you scrape all the way down to the flesh. While the squash is roasting, prepare the filling. Warm 1 Tbsp. oil in a large pan over medium heat. Sauté the onion for a few minutes & add the peppers & jalapeno. Sprinkle with salt, pepper & cumin & cook to desired softness. When the squash is done cooking, allow it to cool for a few minutes before handling. Turn the oven to broil. Scrape the inside of the squash & begin stuffing. Scrape about 3/4 of the inside out onto a dish & then layer the filling inside (black beans & corn, peppers & onion, then salsa). Top with the spaghetti squash & press down. Then add another layer of filling. Sprinkle green onion on top & finish with shredded cheese. Broil in the oven for about 5 minutes so that the cheese is bubble & golden brown.

Grilled Sweet Potatoes

*2 sweet potatoes, cut into 1 inch cubes *2 Tbsp. Butter *2 Tbsp. brown sugar *1 tsp. ground cumin *1/4 tsp. cayenne pepper *salt & pepper

Preheat an outdoor grill for medium-high heat & lightly oil the grate. Divide the sweet potato cubes in half & place each half in the center of a rectangle of aluminum foil. Top each portion with about half of the butter. Sprinkle about half of the brown sugar, cumin & cayenne pepper over each portion. Season with salt & pepper. Fold the corners of the aluminum foil together & seal to form a pouch around each portion. Cook on the preheated grill, turning pouches every 10 minutes, until the potatoes are tender & cooked through, 20 to 30 minutes.

Garden to Doorstep Organics

gardentodoorsteporganics.com 6-12-17

Quinoa Stuffed Bell Peppers

*1 cup quinoa *5-6 Tbsp. olive oil *3-4 cloves garlic, minced *1/2 onion, chopped *1 tsp. cumin *1/2 cup tomato sauce *1 ¼ cup vegetable broth *1 cup shredded cheddar cheese *bell peppers
In a medium size pot heat 1-2 Tbsp. olive oil over medium heat. Sauté the garlic & onion until the onions begin to soften (about 2 minutes). Rinse the quinoa. Add the quinoa to the hot pot. Cook for one minute. Pour in the vegetable broth & tomato sauce, season with cumin. Cover the pot, reduce the heat to a simmer & cook for 15 minutes. Preheat the oven to 400°F. Cut the bell peppers in half & remove the seeds & veins. Rub the peppers with 4-5 Tbsp. olive oil. These don't need a lot of oil because as they roast they will start giving off their own juices. Bake for 10-12 minutes. Once the quinoa is cooked & the peppers have softened fill each pepper with the quinoa mixture. Bake for 10-12 minutes. During the last two minutes of cooking, add the cheese to the tops of the peppers. These are great served with black beans on the side.

Parmesan Zucchini Foil Packs

*1/8 cup unsalted butter, melted *1/8 cup grated Parmesan cheese *1/2 tsp. dried basil *1;2 tsp. dried oregano *salt & pepper *2 zucchini, cut into ¼ inch thick rounds *1/8 tsp. crushed red pepper flakes *1 tsp. dried parsley
Preheat a gas or charcoal grill over high heat. Whisk together butter, Parmesan, basil & oregano; season with salt & pepper, to taste. Center zucchini on a sheet of Foil. Spoon butter mixture over zucchini. Bring up foil sides. Double fold top & ends to seal packet, leaving room for heat circulation inside. Place foil packets on the grill & cook until just cooked through, about 15-20 minutes. Serve immediately, garnished with red pepper flakes & parsley, if desired.

Please don't forget to tell a friend about us. You will receive \$10 after your 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.

"If you keep good food in your fridge, you will eat good food."

Erick McAdams

Simple Sweet Potato & Carrot Soup

*2 Tbsp. olive oil *1 onion *2 carrots *3 small sweet potatoes *3/4 tsp. ground thyme *1 bay leaf *2 ½ cups vegetable bouillon *1/2 cups rice (optional if you like a thicker soup) *salt & pepper

Chop all veggies to the same sizes for even cooking. Cook veggies in olive oil on low heat for 10 minutes, stirring occasionally. Add veggie bouillon, bay leaf, thyme & salt & pepper to taste. Turn up heat & cook for 15 minutes. Add rice here is desired. Place all contents except bay leaf in a blender. Blend until the veggies are at a smooth consistency.