

Garden to Doorstep Organics

Parmesan Corn & Zucchini

*2 Tbsp. olive oil *2 cloves garlic, minced *zucchini, diced *3/4 cup corn kernels *1/4 tsp. dried basil *1/4 tsp. dried oregano *1/4 tsp. dried thyme *salt & pepper *juice of 1 lime *2 Tbsp. fresh cilantro leaves or 1 Tbsp. dried *2 Tbsp. grated parmesan (or more to taste)

Heat olive oil in a large skillet over medium high heat. Add garlic to the skillet & cook, stirring frequently, until fragrant, about 1 minute. Add zucchini, corn, basil, oregano & thyme. Cook, stirring occasionally, until zucchini is tender & cooked through, about 3-4 minutes. Season with salt & pepper, to taste. Stir in lime juice & cilantro. Serve immediately, sprinkled with Parmesan.

"It is health that is real wealth and not pieces of gold and silver."

Mahatma Gandhi

Pasta with Asparagus & Mushrooms

*Mushrooms, sliced *12 ozs. bowtie pasta *4 cloves garlic, smashed, peeled & sliced *1/2 tsp. salt *1/4 tsp. pepper *2 Tbsp. olive oil *3 1/2 cups water *1 pound asparagus, ends trimmed & cut into 6-8 even pieces *2 Tbsp. salted butter *1/4 cup heavy cream *grated parmesan-reggiano cheese for serving Add mushrooms, bowtie pasta, garlic, salt, pepper, water & olive oil to a large sauce pan. Bring to a boil over high heat. Cook pasta, stirring constantly, for about 5 to 6 minutes & then add asparagus. Cook for another 3 to 4 minutes & then add butter & heavy cream. Lower heat to low, mix thorough & continue cooking until pasta is al dente, another 2 to 3 minutes. Season with salt & pepper to taste if necessary.

Zucchini, Corn & Black Bean Tacos

*1 Tbsp. olive oil *2 cups zucchini *1 cup corn kernels *1 clove garlic *1 cup black beans, rinsed *2 Tbsp. diced green chiles, drained *3 Tbsp. taco seasoning *1/2 tsp. salt *1/2 cup crumbled feta cheese *2 Tbsp. chopped fresh cilantro or 1 Tbsp. dried *cooking spray *8 corn tortillas Heat the olive oil in a large nonstick skillet on high heat. Add the zucchini, corn & garlic & sauté, tossing occasionally, until zucchini is softened & lightly browned. Add the black beans, chiles, taco seasoning & salt. Taste for seasoning & add additional salt if necessary. Heat a small, nonstick skillet on high heat. Spray with cooking spray & add a tortilla. Spray the top side of the tortilla with cooking spray. Lightly toast the tortilla, turning once & set aside. Repeat with the remaining tortillas (this will keep them from falling apart when eating). Serve the zucchini taco filling in a tortilla, topped with feta & cilantro.

Parmesan Corn on the Cob

*2 ears corn *2 tbsp. unsalted butter, at room temperature *1 clove garlic, pressed *1/8 tsp. dried thyme *salt & pepper to taste *1/4 cup grated parmesan cheese *1 tsp. dried parsley Preheat oven to 350 degrees F. Place corn directly on the oven rack. Roast until tender & cooked through, about 40-45 minutes. In a small bowl, combine butter, garlic and thyme; season with salt & pepper, to taste. Rub each ear of corn with 1 Tbsp. butter mixture. Serve immediately, sprinkled with Parmesan & parsley, if desired.

Roasted Mushroom & Cauliflower Casserole

*1 head cauliflower, cut into florets *mushrooms, chopped *1 onion, finely chopped *1 tsp. dried thyme *2 cloves garlic, finely chopped *1 1/2 Tbsp. olive oil *1 tsp. salt *2 eggs *1/2 cup sharp cheddar cheese, shredded *1/2 cup sour cream or Greek yogurt *1/3 cup parmesan cheese, grated Preheat oven to 425 degrees. Coat a medium baking dish with olive oil & reserve. Spread cauliflower florets in a single layer on a large rimmed baking sheet; drizzle with 1 Tbsp. oil olive & sprinkle with salt. Roast in oven for 30 minutes or until golden brown, turning once. Meanwhile, in a large skillet over medium heat, sauté the mushrooms in 1/2 Tbsp. olive oil & a couple of pinches of salt. Stir every minute or so until mushrooms have released all their liquid. Add onion & thyme & cook for another 4 - 5 minutes until translucent. Stir in garlic, cook for another minute & remove from the heat. When the cauliflower has caramelized add to the skillet. In a large bowl combine eggs, cheddar cheese & sour cream. Add cauliflower mushroom mixture, stir until well combined. Pour into prepared baking dish. Sprinkle with Parmesan cheese & cover with foil. Reduce oven temp. to 350 degrees. Bake casserole for 30 minutes covered, then remove foil & bake for another 10 minutes, until lightly browned around edges.

Need a quick meal? Place 2 ears of corn, husks & all, in microwave for 4-6 minutes. Or you can wrap in a wet paper towel without the husks. When the corn comes out, be very careful as it will be hot. Enjoy!

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Storage Tips

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

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

Sweet Corn: Place corn in a zippy bag or container in the fridge to store until you use it.

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.

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

Asparagus: Fill a jar with an inch or two of water. Store the asparagus upright in the jar. Cover with a plastic bag & place in the refrigerator. Change water when it gets cloudy.