

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

Errick McAdams

Garden to Doorstep Organics

Cucumber, Tomato & Cauliflower Salad

*1 medium cauliflower *1 large or 2 small cucumbers with ends trimmed *2 cloves garlic, pressed *3 Tbsp. mayo *3 Tbsp. ranch *1 cup cherry tomatoes

Chop cauliflower into small pieces & place in a large bowl. Dice cucumbers & cut tomatoes into halves or quarters then toss both into the bowl. Press your garlic over the veggies. In a separate bowl, mix together mayo & ranch. Stir the dressing into the salad & mix well. Refrigerate until ready to serve.

Potato Wedges

*1 ½ # Yukon Gold potatoes, cut into wedges *1 Tbsp. olive oil *1/4 cup dry bread crumbs *1 ½ tsp. paprika *3/4 tsp. salt *1/4 tsp. dried oregano *1/4 tsp. dried thyme *1/4 tsp. ground cumin *1/8 tsp. pepper *1/8 tsp. cayenne pepper
In a large bowl, toss potatoes with oil. Combine the remaining ingredients; sprinkle over potatoes & toss to coat. Arrange potatoes in a single layer in a 15x10x1-in. baking pan coated with cooking spray. Bake, uncovered, at 425° for 40-45 minutes or until tender, stirring once.

Japanese Potato Salad

*3 Yukon Gold potatoes *1 small onion *4 inches of cucumber *salt & pepper *3/4 to 1 cup of mayo

Boil the potatoes in their skins until tender. In the meantime, slice the cucumber & the onion very thinly. Sprinkle both with a little salt & let sit for a while (10 minutes or more) until the vegetables exude their juices. Squeeze firmly to get rid of the juices. When the potatoes are done, drain & peel them while still hot (holding each in a kitchen towel to peel them helps). Smash the potato. Mix in a little salt & pepper & leave to cool. When the potatoes have cooled to room temperature, mix in the cucumber & onion. Mix in the mayonnaise. Cover with plastic wrap & cool in the refrigerator until serving time (at least an hour).

Parmesan Roasted Asparagus & Tomatoes

*1 lb. asparagus *2 cups cherry tomatoes, halved *1/4 cup parmesan cheese *salt & pepper *1/2 cup balsamic vinegar

Preheat oven to 400 F degrees. Spray a baking dish with cooking spray & set aside. Snap the end pieces off the asparagus & place them in the baking dish. Add tomato halves. Season generously with salt & pepper & sprinkle the Parmesan cheese over asparagus & tomatoes. Place in oven & bake for about 15 minutes or until asparagus softens a bit & begins to get brown. In the meantime add the balsamic vinegar to a small sauce pan & cook over medium heat for about 15 to 20 minutes or until it reduces & starts to thicken. Drizzle some of the balsamic reduction over the roasted asparagus & tomatoes & serve warm.

Farro Salad with Cucumber & Tomato

*4 Tbsp. olive oil *1 onion, finely chopped *2 cups farro *4 cups veggie broth *1/4 cup red wine vinegar *1 pint cherry tomatoes, quartered *1/2 cucumber, diced *1 Tbsp. dried basil *salt & pepper
Heat 2 Tbsp. of the olive oil in a medium saucepan over medium heat until shimmering. Add the onions & sauté until translucent, about 5 minutes. Add the farro & toast, stirring to coat each grain, until fragrant, 1 to 2 minutes. Add the broth & bring to a boil. Reduce the heat to maintain a simmer, cover, & cook until farro is soft but still chewy in the center, about 12 minutes. If there is more than a Tbsp. or two of cooking liquid left, strain it out. Transfer the farro to a large bowl & let cool to room temperature. Add the vinegar & remaining 2 Tbsp. olive oil & stir to combine. Add the tomatoes, cucumbers & basil & toss to combine. Taste & season with salt, pepper, vinegar & oil as needed. Serve chilled or at room temperature.

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Storage Tips

Pears - Store at room temperature until ripe — to hasten ripening, place pears in a paper bag at room temperature. Once ripe, place pears in a plastic bag and refrigerate.

Clementines- Store in the crisper drawer of the refrigerator.

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.

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

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.

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).

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