

Storage Tips



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.

Bananas - Store in a cool area. Do not refrigerate. Wrap the stems of the bananas with plastic wrap.

Strawberries: Store in the crisper drawer of your refrigerator. Wash just before eating.

Green Onions: Place the onions in a jar with a bit of water. Cover them with a plastic bag & place in the refrigerator (replace the water every couple of days). Or if you prefer, you can wrap the ends with a damp paper towel, place them in a plastic bag & place them in the refrigerator.

Sweet Potatoes – Store in the crisper drawer of the refrigerator.

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.

Radishes: Cut off the greens. Store the unwashed roots in a plastic bag & place in the refrigerator.

Cinnamon Sugar Radish Chips

*8-10 radishes *1 Tbsp. olive oil *1/2 tsp. honey *1-2 Tbsp. cinnamon sugar mixture

Preheat your oven to 350°F. Slice the radishes 1/4 inch thick & put them in a microwave safe bowl. When you are done slicing, microwave for about 30 seconds to soften them up. Drain any liquid & add them to a larger bowl.

Add the olive oil, honey & cinnamon sugar. Mix well to coat all of the radishes. Spread on a baking sheet lined with parchment paper. Make sure they are evenly spread out & not stacked on top of each other. Cook for 15 minutes at 350, then remove the radishes & flip them over. Reduce oven temperature to 225 & bake for another 20 minutes. You will notice they will begin to shrink in size & crisp up, which is a good thing! Remove from the oven, plate & serve. These are great on yogurt with honey!

Roasted Mushrooms & Asparagus

*1 bunch asparagus, trimmed *8 oz. mushrooms, quartered *1/2 tsp. dried rosemary *2 tsp. olive oil *salt & pepper to taste
Preheat oven to 450 degrees F. Lightly spray a cookie sheet with vegetable cooking spray. Place the asparagus & mushrooms in a bowl. Drizzle with the olive oil, then season with rosemary, salt & pepper; toss well. Lay the asparagus & mushrooms out on the prepared pan in an even layer. Roast in the preheated oven until the asparagus is tender, about 15 minutes.

Sweet Potato Hash

*2 Tbsp. olive oil *3 sweet potatoes, skin-on & diced into equal, bite-sized pieces *1/2 medium onion, diced *1 1/2 cups sliced mushrooms *1 1/2 tsp. salt *1/2 tsp. pepper *2 cloves garlic, minced *sliced green onions, for garnish

Heat oil in large pan over medium-high heat. Add the potatoes, onion & mushrooms to the oil & sprinkle with the salt & pepper. Stir to combine. Cover & cook for 15-20 minutes, stirring occasionally, until the potatoes are almost tender. Turn the heat to high & add the garlic, stirring to combine. Cook on high for 2-5 more minutes until sweet potatoes are nicely browned. Serve hot & with sliced green onions.

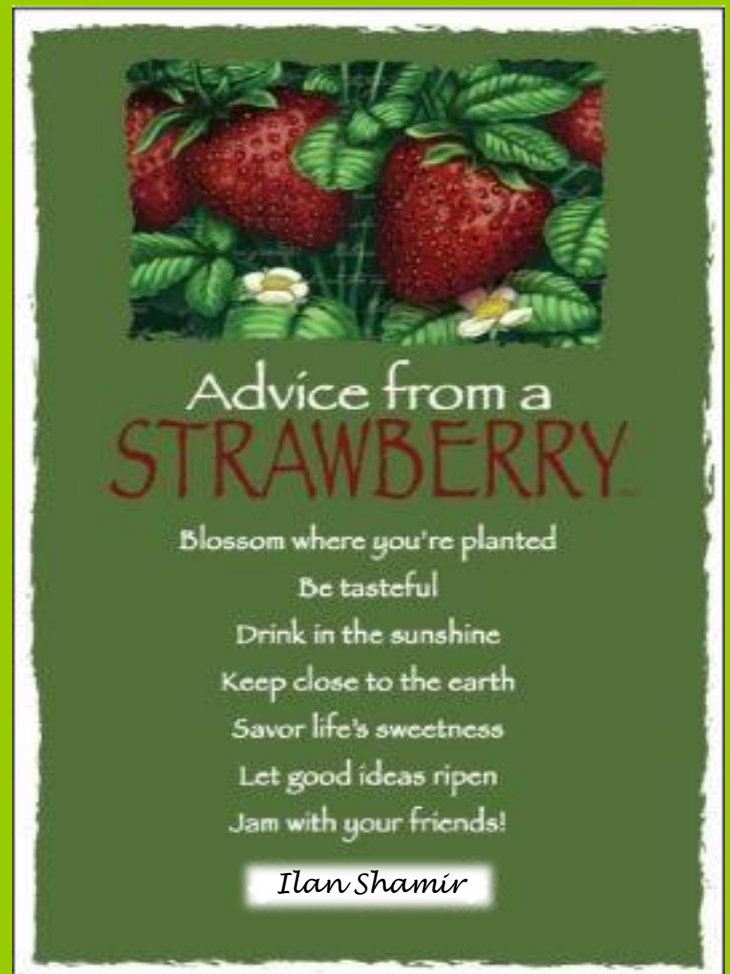
Roasted Baked Radishes

*1 bunch radishes, trimmed & halved *3 Tbsp. olive oil *1 tsp. salt *1/4 tsp. pepper *1/2 tsp. smoked paprika *1/4 tsp. onion powder *1/4 tsp. garlic powder *chopped green onion

Preheat oven to 400 degrees F. Toss radishes with olive oil & spices. Arrange in a single layer on a baking sheet, making sure each radish touches the pan. Roast for about 30 to 35 minutes, until golden & crispy. Season with extra salt & pepper to taste. Garnish with freshly chopped green onion.

Banana Strawberry Smoothie

*2 cups ice *1 1/2 cups hulled, halved strawberries *1 (5.3 oz.) container nonfat vanilla Greek yogurt *1/2 very ripe banana *2 Tbsp. honey *1 tsp. vanilla
Put all ingredients into blender. Blend until smooth. All ingredients should be well incorporated.



Garden to Doorstep Organics

