

Storage Tips

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

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.

Cranberries - You can keep fresh, raw cranberries in the refrigerator for 3-4 weeks. Refrigerate in a plastic bag or covered container. You can also freeze fresh cranberries. They'll keep well for about 10-12 months in the freezer.

Carrots - 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). Carrot greens are edible & good for you. They can be chopped up and added to soups, stews or casseroles.

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.

Yellow Squash: Yellow squash is used as you would zucchini. It is great in many dishes like a stir-fry. Store in the crisper drawer of your refrigerator. Wash just before use.

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



Garden to Doorstep Organics

Apple & Cranberry Crisp

*3 cups peeled, chopped apples *2 cups cranberries
*1 cup sugar *3 Tbsp. flour *1 ½ cups quick cooking
oats *1/2 cup flour *1/2 cup packed brown sugar
*1/2 cup butter, melted *1/4 cup chopped pecans
Combine apples, cranberries, sugar & flour. Pour into
a greased 11x7-in. baking dish. In a bowl, mix topping
ingredients until crumbly; sprinkle over apple
mixture. Bake at 350° for 50-55 minutes or until fruit
is tender.

Glazed Rainbow Carrots

*Rainbow carrots, cut in half & sliced
*3 Tbsp. olive oil *2 Tbsp. balsamic
vinegar *1 Tbsp. honey *1/8 tsp. salt
*1/8 tsp. pepper *dried parsley for
garnish

Preheat oven to 400°F. Grease a
baking dish & set aside. In a small
bowl, whisk together the olive oil,
balsamic vinegar, honey sea salt &
black pepper in a bowl until fully
combined. Toss the carrots & the
honey mixture together in a large
bowl until evenly coated. Place
coated carrots in to the prepared
baking dish.

Roast for about 30-35 minutes until
carrots are tender. Sprinkle with
dried parsley.

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Spaghetti Squash Soup

(So warm & cozy)

*2 Tbsp. coconut oil *1 spaghetti squash *1 clove garlic *1
onion *2 large carrots *2 Tbsp. dried parsley *1/2 cup low salt
veggie stock *1 cup coconut milk (or your favorite non-dairy
milk) *pumpkin seeds for garnish (optional) *salt & pepper to
taste

Preheat the oven to 350 degrees F. Slice the spaghetti squash
in half, lengthwise. Remove the seeds & drizzle 1 Tbsp. of the
coconut oil across both the halves. Place the halves face down
on baking dish place into the oven for about 45 minutes to 1
hour, or until the spaghetti squash is tender throughout. While
the spaghetti squash cooks, in a large pot over medium-high
heat add the remaining 1 Tbsp. of coconut oil, garlic, onion &
carrots. Cook & stir occasionally until the carrot is tender & the
onion becomes translucent – about 8 minutes. Turn the heat
to low. When the squash is cooked, remove the halves from
the oven & use a spoon to scoop out the flesh, discarding the
skin. Place the flesh into a blender along with the vegetable
broth & coconut milk. Blend. Add the vegetable mixture &
blend again until smooth. Transfer the spaghetti squash
mixture to the pot to reheat. Season with salt and pepper. Stir.
Serve with a garnish of pumpkin seeds if you have them.

Potatoes with Zucchini

*4 Tbsp. olive oil *1 ½ pounds potatoes, cubed *3
cloves garlic, quartered *salt & pepper *1 tsp. dried
thyme *1 ½ pounds zucchini, cut into cubes
Heat 3 Tbsp. oil in a large heavy skillet over medium-
high heat. Combine potatoes & garlic in a large bowl;
season with salt & pepper. Add potato mixture to
hot skillet. Without stirring or moving pan, cook
potatoes until light golden brown on one side (this
will prevent sticking), 3–4 minutes. Using a spatula,
toss potatoes until light golden brown on all sides &
cooked through, 8–10 minutes longer. Stir in thyme;
Transfer potatoes to a large bowl; set aside. Heat
remaining 1 Tbsp. oil in same skillet. Add zucchini,
salt & pepper. Cook until light golden brown, 5–6
minutes. Add to bowl with potatoes & toss to
combine. Season to taste with salt & pepper.

*“If organic farming is
the natural way,
shouldn’t organic
produce just be called
'produce' and make the
pesticide-laden stuff
take the burden of an
adjective?”*

Ymber Delecto