

## Storage Tips

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

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

Kale - Refrigerate in plastic bag; do not wash until ready to use.

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).

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

Eggplant: Punch some holes in a plastic bag. Wrap the eggplant in paper towel & place in the plastic bag. Store in the crisper drawer of the refrigerator.

Avocados - You can tell if an avocado is ripe by giving it a gentle squeeze — if it yields to that light pressure, it's ready to use. If your avocados are ripe, place them in a plastic bag in the refrigerator. If they are not ripe, place them in a brown bag at room temperature until ripe, then store in a plastic bag in the refrigerator.

# Garden to Doorstep Organics

Start the new year with a resolution you  
can keep....Eating convenient, healthy;  
chemical free fruits & veggies!

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We promote a greener earth and ask that you return last week's box on the day of delivery so we can reuse them.

## Apple & Avocado Salad

\*2 avocados, halved, peeled, pitted & sliced \*2 apples, cored & sliced \*1 tsp. Dijon mustard \*2 Tbsp. lemon juice \*4 Tbsp. olive oil \*1/2 Tbsp. dried parsley \*1/4 cup almonds, slivered & toasted \*salt & pepper

Place apples & avocados in a bowl, set aside. Mix mustard, olive oil & lemon juice in a small bowl & season with salt & pepper. Mix with whisk until thickened. Pour dressing over salad & sprinkle with parsley & almonds. Mix & serve.

## Roasted Tomato & Eggplant Pasta

\*1 eggplant, cut into ¾ inch cubes \*2 Tbsp. olive oil \*salt & pepper \*1 cup cherry tomatoes, halved \*1 tsp. olive oil \*1/2 pound whole wheat orzo \*1/3 cup crumbled feta \*1 Tbsp. dried basil \*1 Tbsp. dried parsley

\*2 Tbsp. pine nuts roasted \*2 Tbsp. olive oil \*1 Tbsp. lemon juice \*2 cloves garlic, minced \*1/4 tsp. salt \*1/8 tsp. red pepper flakes \*pepper to taste  
Preheat oven to 400 degrees. Line 2 baking sheets with parchment paper. Toss the cubed eggplant with 2 Tbsp. olive oil & a sprinkle of salt & pepper. Arrange in a single layer on the baking sheet. Roast eggplant until tender & deeply golden, about 25 minutes, tossing half way. On the other baking sheet, toss the halved tomatoes with 1 tsp. olive oil & a sprinkle of salt & pepper. Roast until the tomatoes are tender & a little wrinkled, about 12 minutes. Bring a large pot of salted water to a boil. Add the orzo, stir & cook until al dente, about 9 minutes. Reserve 1 cup of cooking water, then drain the orzo & transfer to a large serving bowl. To prepare the dressing, whisk together 2 Tbsp. olive oil, 1 Tbsp. lemon juice, 2 cloves minced garlic, ¼ tsp. salt, 1/8 tsp. red pepper flakes & pepper to taste. Drizzle it over the warm orzo & toss to coat. Add the eggplant, tomatoes, feta, basil, parsley & pine nuts. Toss to combine. If the paste seems dry, add a couple Tbsp. of the reserved pasta cooking water and/or olive oil. Add salt & pepper as desired & serve immediately.



## Chickpea, Kale & Eggplant Curry

\*1 onion \*4 cloves garlic \*1 inch fresh ginger \*cayenne pepper to taste \*2 Tbsp. coconut oil \*1 eggplant \*1 Tbsp. ground turmeric \*1 Tbsp. ground coriander \*1 tsp. salt \*3/4 cup chopped tomatoes \*1/2 can chickpeas, drained \*1 cup kale, chopped \*2 Tbsp. peanut butter \*pepper to taste \*1 cup white rice

Dice onion into small pieces, crush the garlic cloves & grate the ginger. Heat coconut oil in a pan on a medium heat. Add onion, garlic, ginger & sauté for 1-2 minutes. Add the rest of the spices & salt to the pan, cook for about 40 seconds until the spices are mixed through. Chop eggplant into small cubes. Add the diced eggplant & chickpeas & stir through the spices until evenly coated, add more oil if needed. Cook for about 1 minute. Add the tomatoes, cover & cook on a low heat for 20 min. Add the peanut butter & kale, cook covered under lid for another 10 minutes until kale is cooked. Check seasoning & add more to taste if needed. Serve with or without rice.



## Parmesan Garlic Cauliflower

\*1 ½ Tbsp. olive oil \*2 cloves minced garlic \*1/2 tsp. dried oregano \*1/4 tsp. dried thyme \*1/4 tsp. dried rosemary \*1/4 tsp. dried parsley \*1 head cauliflower, cut into ½ inch slices \*salt & pepper to taste \*1/4 cup parmesan cheese

Preheat oven to 400 degrees F. Lightly oil a baking sheet or coat with nonstick spray. In a small bowl, combine olive oil, garlic, oregano, thyme, rosemary & parsley. Place cauliflower slices in a single layer onto the prepared baking sheet. Brush each slice with the olive oil mixture on both sides; season with salt & pepper, to taste. Place into oven & bake until golden brown, about 20-25 minutes, flipping halfway. Serve immediately, sprinkled with Parmesan.



"The bad news is time flies.

The good news is you're the pilot"

Michael Altshuler