

## *Storage Tips:*

Mangoes: If a mango is ripe, it will give slightly when you press on it. If the mango is ripe, place in a plastic bag and refrigerate. Keep unripe mangoes at room temperature & then refrigerate in plastic bag once ripe. To speed up ripening, place mangoes in a paper bag at room temperature.

Cherries: Place cherries in a plastic bag and store in the refrigerator. Wash with cold water just before eating them.

Green Beans: Store unwashed green beans in a reusable container or plastic bag in the refrigerator crisper.

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.

Leeks - Refrigerate leeks in a plastic bag. Do not wash them until ready to use. Leeks can be easily frozen for later use in soups, stews or casseroles. To freeze: wash & chop leeks, spread in a single layer on cookie tray and freeze, then promptly place in airtight containers or heavy-duty freezer bags and return to freezer.

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.

Tomatoes - Do not refrigerate. Keep them at room temperature on the counter away from direct sunlight. (Note: only refrigerate if the weather is very warm & the tomatoes are already very ripe).

### Tomato & Green Bean Salad

\*green beans, ends trimmed \*1 to 1 ½ tomatoes, chopped into small pieces \*1/4 cup raw pine nuts \*2 garlic cloves, minced \*1 Tbsp. apple cider vinegar \*3 Tbsp. olive oil \*1 tsp. dried oregano \*1/4 cup crumbled feta cheese \*salt & pepper  
Bring a large pot of salted water to a boil. Cook green beans until tender-crisp, about 4-6 minutes. While they cook, prepare a large bowl with an ice water bath. Once the beans are cooked, immediately drain & place them into the ice bath for a few minutes to stop the cooking. Drain again & place them in a large bowl together with the cherry tomatoes. Preheat a skillet over medium heat & toast pine nuts stirring constantly, until slightly brown, about 2 minutes. Set aside. In a small bowl, whisk together the olive oil, garlic, lemon juice, oregano, vinegar, salt & pepper. Pour the mixture over the green beans & toss to coat. Stir in the feta cheese and toasted pine nuts.

### Green Beans with Leeks & Parmesan

\*8 ozs. green beans, trimmed \* 1 cup mushrooms, sliced \*1/2 Tbsp. lemon juice \*1 Tbsp. olive oil \*1/2 tsp. salt \*1/8 tsp. dried thyme ¼ cup leeks, thinly chopped \*2 Tbsp. Parmesan cheese, grated  
Preheat the oven to 425 degrees F. Line a baking sheet with parchment paper. Combine the beans & mushrooms in a large bowl. Whisk together the lemon juice, olive oil, salt & dried thyme & pour over the beans & mushrooms. Toss with your hands until the vegetables are thoroughly coated. Spread the dressed veggies on the prepared baking sheet & bake for 30 minutes. While the green beans are cooking, lightly sauté the leeks in olive oil. After the beans & mushrooms have cooked for a half hour, remove them from the oven & sprinkle the sautéed leeks & Parmesan cheese evenly over the roasted vegetables. Roast for another 10 minutes until the cheese is melted. Serve warm.

### Avocado & Tomato Toast

\*tomatoes \*Italian seasoning \*olive oil \*salt \*2 ripe avocados \*1 Tbsp. lime juice \*4 slices whole grain bread \*balsamic glaze \*dried parsley \*red pepper flakes (optional)  
Pre-heat oven to 375 degrees & line a shallow pan with parchment paper. Slice tomatoes & place on baking pan. Sprinkle with the Italian seasoning, salt & drizzle with a bit of olive oil. Roast the tomatoes 15 to 20 minutes. While the tomatoes are roasting, cut avocados in half, remove pit & scoop the flesh into a medium bowl. Add the lime juice & mash the avocados with the back of a fork until the desired texture is reached. Toast the bread in a toaster or in the oven. Spread the avocado mash over the toast, place slices of tomato over the avocado mash, drizzle with balsamic glaze & garnish with parsley & red pepper flakes (optional). Serve immediately.

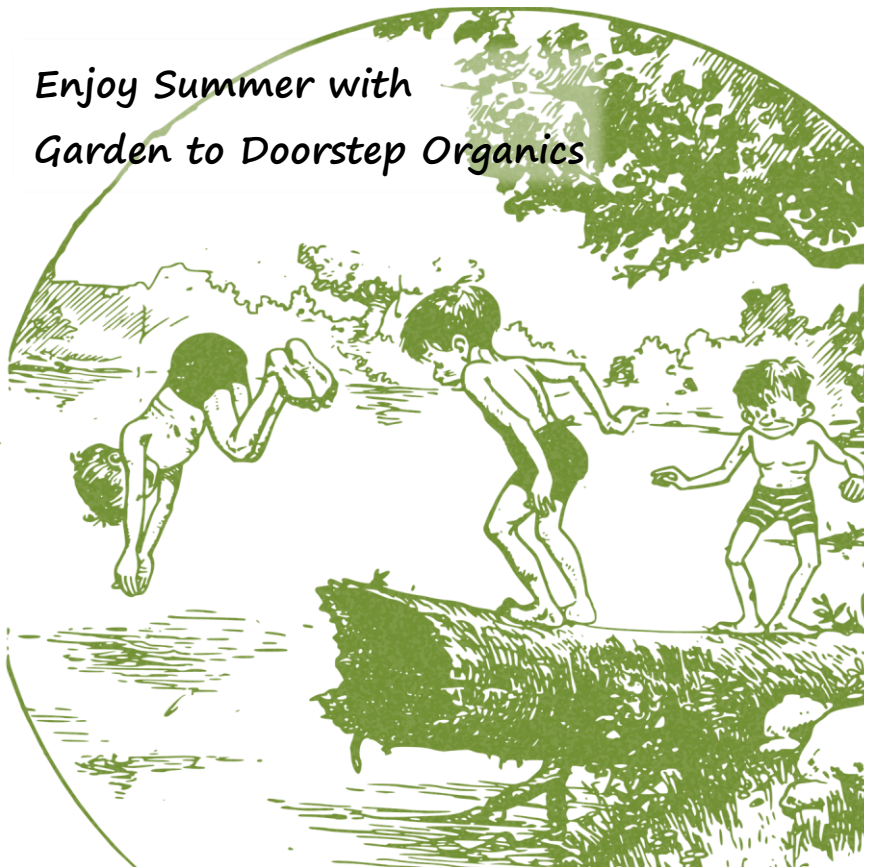
### Mushroom, Leek & White Bean Stew

\*1 ½ Tbsp. garlic oil \*8 ozs. mushrooms, halved \*1/2 cup leek, chopped \*2 (15 oz.) cans of cannellini beans, rinsed & drained \*1/2 veggie broth \*2 cloves garlic, minced \*1 tsp. dried thyme \*1 slice whole grain bread \*1 tsp. dried parsley \*salt & pepper  
Heat 1 1/2 tsp. oil in skillet over medium-high heat. Sauté mushrooms & leek 10 minutes, or until soft & golden. Stir in beans, broth, garlic & thyme & cook 5 minutes. Season with salt & pepper. Pulse bread in food processor until crumbs form. Heat remaining 1 Tbs. oil in skillet over medium-low heat. Add breadcrumbs & sauté 8 minutes, or until crispy. Season with salt & pepper. Stir parsley into bean mixture. Spoon into bowls & top with breadcrumbs.

### Mango & Pear Smoothie

\*1 mango, peeled & cubed \*1 pear, cubed \*2 Tbsp. honey \*2 Tbsp. yogurt \*1/2 cup milk or milk substitute  
Put all of ingredients into blender & blend until smooth. It is ready to drink, or drink after chilled in the fridge.

## Enjoy Summer with Garden to Doorstep Organics



Please don't forget to tell a friend about us. You will receive **\$10** after your friend orders their second box. Just have them email us when they order.

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