

# Storage Tips

Watermelon: A ripe watermelon will have a yellowish-white resting spot, opposed to a white or pale green spot (where the melon rested on the ground). If it is not yet ripe, give it a few days. Also, a soft “give” when you press the blossom end of the melon (opposite the stem end), indicated ripeness. Store watermelon in the refrigerator & once cut, be sure to wrap in plastic or foil & store in refrigerator.

Persimmons: Keep on the counter until ripe (when orange or deep orange red). Once ripe, keep in the fridge in an open plastic bag or in a bowl lightly covered with plastic wrap. Keep in the crisper drawer.

Carrots with greens – Remove the greens from the carrots & store them separately. 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). Pat the greens dry with a paper towel. Wrap the greens in a paper towel & store in an airtight plastic contain (you can use a plastic bag too). Store in the refrigerator.

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.

Zucchini - wrap cucumbers individually in a paper towels & then place in a plastic bag & store in the crisper drawer of the refrigerator.

Cabbage: Store the cabbage head whole in your crisper drawer until you use it. Do not wash it. Leave the outer leaves on as they protect the more delicate inner leaves (discard the outer leaves before you use it). If you do not use the entire cabbage at one time, after you cut it, wrap the remaining cabbage in plastic wrap & return to the fridge. If stored well, cabbage can last for weeks in your fridge.

## How to Eat & use Persimmons

**A ripe persimmons is orange or deep orange-red. You can eat the skins of the fruit. You do not have to peel them. They are great eaten as they are or add them to many dishes. Here are some ideas.**

- **Eat them as they are. They are a sweet fruit. A great way is to cut them in half & then cut them into wedges & eat.**
- **You can chop them up and add them to a salad.**
- **Add them to your favorite salsa.**
- **They are perfect for deserts. Add them to yogurt, ice cream or bake them into cakes or cookies.**

## Do you like the Colonels' slaw? Try this one

\*1 head finely chopped cabbage (about 8 cups) \*1/4 cup diced carrots \*2 Tbsp. minced onions \*1/3 cup sugar \*1/2 tsp. salt \*1/8 tsp. pepper \*1/4 cup milk \*1/2 cup mayonnaise \*1/4 cup buttermilk \*1 1/2 Tbsp. white vinegar \*2 1/2 Tbsp. lemon juice

Cabbage & carrots must be finely diced. Pour cabbage & carrot mixture into large bowl & stir in minced onions. Using regular blade on food processor process remaining ingredients until smooth. Pour over vegetable mixture & mix thoroughly. Cover bowl & refrigerate several hours or overnight before serving.

## Sautéed Grape Tomatoes & Zucchini

\*2 Tbsp. olive oil \*1 small onion, diced \*2-3 zucchini, cut into 1/2 inch chunks \*1 pint grape tomatoes, halved \*2 cloves garlic, minced \*1 tsp. salt \*1/4 tsp. pepper \*1 tsp. dried basil

Heat the olive oil over medium heat in a large sauté pan. Add the onions and cook, stirring frequently, until very soft & pale, 7-8 minutes. Do not brown. Add the zucchini, tomatoes, garlic, salt & pepper & cook, stirring frequently, for 3-5 minutes, or until the zucchini are cooked but still crisp & the tomatoes have started to collapse, creating a little sauce. Stir in the basil. Taste & adjust seasoning if necessary. Transfer to a serving dish.

## Sweet Sesame Sticky Cauliflower

\*1 small head cauliflower, chopped \*1/3 cup low sodium soy sauce \*1/4 cup maple syrup, honey or agave \*1/4 cup rice vinegar \*1 Tbsp. minced garlic \*1 1/2 tsp. toasted sesame oil \*1/2 tsp. powdered ginger \*1 1/2 Tbsp. cornstarch or arrowroot \*1/4 cup water \*sesame seeds for garnish

Preheat oven to 450 degrees. Grease a baking pan or line with parchment. Cut cauliflower into florets, then slice so one side of each floret is flat. Arrange in a single layer on a greased pan. Bake 10 minutes on the center rack. Whisk together the soy sauce, sweetener, vinegar, garlic, sesame oil & ginger in a saucepan. Bring to a boil. While waiting, stir together the cornstarch & water until cornstarch dissolves fully. Slowly whisk this into the saucepan until it boils. Turn heat to medium & cook 2 minutes, stirring more frequently once it returns to a boil. Cook until thick. (You can also make the sauce ahead of time & put in the refrigerator, where it will thicken even more). Flip cauliflower florets & bake an additional 10 minutes. If desired, move the pan to the top rack & broil 1-2 minutes. Pour sauce over florets. Sprinkle sesame seeds on top & serve.

## Roasted Tomato, Chickpea & Cauliflower Bowl

\* 1 small head of cauliflower \*1 pint of grape tomatoes \*1 can of garbanzo beans \*1 lemon, cut into wedges \*2 cloves of garlic, finely diced \*2 Tbsp. olive oil \*1/4 tsp. red chili flakes \*1/2 tsp. salt \*1/4 tsp. pepper \*1 Tbsp. dried parsley

Tahini Sauce: \*3 Tbsp. tahini \*1 clove garlic \*2 Tbsp. lemon juice \*1 tsp. apple cider vinegar \*1/4 cup water

Heat oven to 450 degrees. Drain & rinse the garbanzo beans & place in a large bowl. Cut the cauliflower in half, remove the tough inner stem & break into florets. Thinly slice the florets & add to the bowl along with the tomatoes & lemon wedges. Add the olive oil, garlic, chili flakes, salt & pepper to the bowl & toss to make sure everything is coated in the oil. If your cauliflower is really large you may need to use an additional tablespoon of oil. Line a baking sheet with parchment paper & spread the vegetables over the top. Cook for 25 to 30 minutes stirring occasionally. The tomatoes should start to release their juices & the cauliflower starts to turn golden brown. To Make The sauce, combine The Tahini, garlic, lemon juice, vinegar & water in a blender & puree until smooth. Taste and add salt & pepper as needed, if it is too thick, you may want to add more water. Remove the lemon wedges before serving. Sprinkle the parsley over the top & serve over couscous or quinoa. Drizzle the tahini sauce over the top.

## Carrots, Garlic Roasted

\*carrots, tops trimmed to 2 inches \*1 Tbsp. olive oil \*1 Tbsp. balsamic vinegar \*2 cloves garlic, minced \*1/2 tsp. dried thyme \*salt & pepper to taste \*1 Tbsp. dried parsley

Preheat oven to 375 degrees. Lightly oil a baking sheet or coat with non-stick spray. Place carrots in a single layer onto the prepared baking sheet. Add olive oil, balsamic vinegar, garlic & thyme. Season with salt & pepper to taste. Gently toss to combine. Bake in over for 35-40 minutes, or until tender. Serve immediately & top with parsley.

# Garden to Doorstep Organics

*"Anyone who thinks falling leaves are dead has never watched them dancing on a windy day."*

Shira Tamir