

Garden
to
Doorstep
Organics llc

gardentodoorsteporganics.com
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Peppery Parsnips

*1 lb. parsnips, peeled, cut in half crosswise & cut into narrow strips lengthwise *1 Tbsp. butter *1 pinch salt *pepper to taste
Place parsnips in saucepan & cover with water. Bring to boil, turn down the heat, & simmer until parsnips are tender, 15 to 20 minutes. Drain well, pat with a paper towel & set aside. Melt butter in skillet over medium heat. Place parsnips in hot butter in an even layer. Sprinkle with salt & pepper. Cook parsnips until lightly golden brown on both sides, 5-8 minutes per side.

Grilled Cauliflower

*1 head cauliflower *1/4 to 1/2 cup butter (softened) *1 1/2 tsp. seasoning salt *1/4 cup grated Parmesan cheese
Remove stem & leaves from cauliflower. Wash & pat dry. Spread the butter over the cauliflower. Sprinkle with seasoned salt & cheese. Wrap head of cauliflower in heavy duty aluminum foil. Grill over medium heat about 40 minutes or until desired tenderness (test with toothpick)

Seasoned Yukon Gold Wedges

*1-1 1/2 pounds Yukon gold potatoes, cut into wedges *1 Tbsp. olive oil *1/4 cup dry bread crumbs *1 1/2 tsp. paprika *3/4 tsp. salt *1/4 tsp. dried oregano *1/4 tsp. dried thyme *1/4 tsp. ground cumin *1/8 tsp. pepper *1/8 tsp. cayenne pepper
In a large bowl, toss the potatoes with oil. Combine the remaining ingredients, sprinkle over potatoes & toss to coat. Arrange potatoes in a single layer on a baking sheet coated with cooking spray. Bake, uncovered, at 425 degrees for 40-45 minutes or until tender, stirring once.

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

Parsnips

Parsnips are closely related to the carrot family, but are white or cream in color & sweeter than carrots. Parsnips are a good source of fiber, vitamin C, folic acid & contain many anti-oxidants.

Parsnips can be served in many different ways. Wash them in cold water & scrub or gently peel the skin. Trim off the ends and cut into pieces.

- Raw parsnips add a unique taste to salads, coleslaws & toppings.
- They can be cooked & mashed with potatoes, leeks, cauliflower etc.
- Slices & cubes can be added to soups, stews & stir-fries.

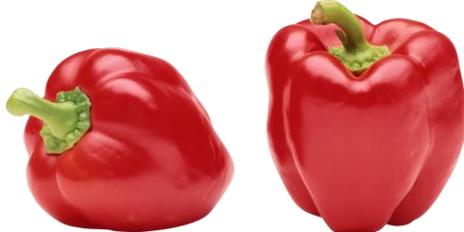


Penne with Peppers & Parmigiano-Reggiano

*1 box mini Penne *4 Tbsp. olive oil *1 onion, diced *peppers *1 cup vegetable broth *1 1/2 tsp. dried basil *1/2 cup Parmigiano-Reggiano cheese, grated *salt & pepper to taste. Bring a large pot of water to a boil. Season with salt to taste (optional). In a large skillet, gently sauté onions in olive oil for 5 minutes over medium heat. Meanwhile, dice the peppers into 1/2 inch squares, add to the skillet & sauté over medium heat for 3 minutes. Season with salt & pepper & add the broth. Keep cooking until sauce is reduced. Cook pasta according to box directions. Drain & toss with sauce. Stir in basil & cheese before serving.

Spanish Tortilla with Peppers & Potatoes

*1 Tbsp. olive oil, plus more for serving *1 pound potatoes, peeled & sliced inch thick *2-3 peppers, thinly sliced *1 medium onion, halved & thinly sliced *salt & pepper *8 eggs *1/2 tsp. hot sauce. Preheat oven to 375 degrees. In a medium ovenproof nonstick skillet, heat oil over medium heat. Add potatoes, bell pepper & onion; season with salt and pepper (skillet will be very full). Cover & cook, stirring occasionally, until potatoes are crisp-tender, 14 to 16 minutes. Uncover & cook off excess liquid, 1 to 2 minutes. In a bowl, whisk together eggs, parsley, hot sauce, 1/2 teaspoon salt & a teaspoon of pepper. Pour egg mixture over vegetables in skillet & stir to distribute evenly. With the back of a spatula, press down on vegetables so they lay flat & are submerged. Bake until tortilla is set, 12 to 16 minutes. To unmold, run a rubber spatula around edge of skillet to release tortilla. Invert onto a serving plate. Drizzle tortilla with oil.



Storage Tips

Cantaloupe: Whole, ripe melons can be stored in the refrigerator. Once cut, they should be sealed in an airtight container or wrapped tightly and stored in the refrigerator.

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

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).

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.

Red Peppers - Store in plastic bag in the crisper drawer of refrigerator. To freeze: slice or chop peppers, 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.

Spinach: Store spinach wrapped in paper towels -- damp or dry -- in resealable plastic bag. Kept in the crisper drawer or on a shelf in the refrigerator.

Parsnips: Place in a perforated plastic bag in the vegetable crisper drawer of the refrigerator.