

STORAGE TIPS

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

Kiwi: A ripe kiwi will give a little when you gently press it with your thumb & will smell a little fragrant. If it is not ripe, store in a paper bag on the counter to ripen. Once ripe, store in the crisper drawer of 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).

Zucchini: Store in the crisper drawer of your refrigerator. Wash just before use.

Celery: Wrap the celery up tightly in aluminum foil and place in the refrigerator crisper drawer.

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.

Cucumber: Store in the crisper drawer of your refrigerator. Wash just before use.



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Kiwi & Honeydew Smoothie

*2 cups honeydew melon, cut into 1 inch cubes *2 cups crushed ice *1 Tbsp. lime juice *1 Tbsp. honey
Combine all ingredients in blender and process until smooth.
Perfect quantity for two glassed.

Stuffed Mushroom & Zucchini Boats

*3-4 zucchini *1 Tbsp. olive oil *3/4 cup finely chopped onion *5 ozs. mushrooms, diced *1/4 tsp. garlic powder *1/4 cup bread crumbs *1/4 cup grated Parmesan cheese *1/4 tsp. salt *pinch of pepper *1/2 cup shredded mozzarella
Preheat the oven to 375°F. Cut the stem end off the zucchinis & slice them in half lengthwise. With a table spoon, scoop out just the pulpy center that contains the seeds. Put the zucchini cut-side down on a parchment paper-lined baking sheet. Cook for 15 minutes, until just slightly softened. While the zucchini are cooking, in a sauté pan, heat the olive oil over medium heat. Add the shallots & sauté until they are softened, about 5 minutes. Add the mushrooms & sauté, stirring occasionally, until the mushrooms release their liquid & the liquid cooks off, about 7 to 8 minutes. Remove the pan from the heat. Sprinkle the mixture with garlic powder, stir in the breadcrumbs & parmesan cheese. Season the mixture with salt and pepper. Remove the zucchini from the oven & turn them over on the sheet pan so they are cut side up. Divide the mushroom mixture between each zucchini, spooning it into the carved-out channel. Return the zucchini to the oven & cook for 10 minutes. Remove the zucchini from the oven, sprinkle each boat with mozzarella cheese. Return to the oven or to the broiler & cook until the cheese is melted, 5 minutes or less.

Celery, Cucumber & Onion Salad

*1 onion, sliced into thin rings *4 Tbsp. sugar *1/2 cup apple cider vinegar *1/2 tsp. celery seed *3/4 tsp. dried dill weed or seed *1/2 tsp. salt *1/2 tsp. pepper *2 stalks celery, thinly sliced *3 cucumbers, sliced & scored down the outer green sides with a fork
Rinse the sliced & separated onion rings under cold water for a few minutes to remove the harshness. Drain well. In a large bowl, whisk the vinegar, sugar, celery seed, dill, salt & pepper until the sugar is dissolved. Toss in the sliced & scored cucumbers, celery slices & onion rings. Let marinate in the refrigerator, at least 20 minutes before serving. This is even better the next day.

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Cauliflower Rice with Mushrooms

*1 Tbsp. olive oil *2 cups mushrooms, quartered *1 cup onion, diced *3 cloves garlic, chopped *4 cups cauliflower rice *1/2 cup veggie broth *1/4 cup feta cheese, crumbled *1 tsp. dried thyme *1/2 tsp. salt *1/4 tsp. pepper
First make the cauliflower rice. If using a box grater, cut the cauliflower into large chunks & use the medium-sized holes to grate into "rice." If using a food processor, cut into small pieces & use the grater attachment to grate the cauliflower into "rice". Set aside. In large skillet heat olive oil. Add mushrooms & onion. Sauté until onions are translucent. About 3-4 minutes. Add garlic, cauliflower rice, salt & pepper. Sauté until cauliflower is slightly tender. About 5 minutes. Add stock & thyme. Continue to cook until cauliflower rice is fully tender & most of the liquid has been absorbed. About 5 minutes. Add feta & taste. Add more salt, pepper or thyme as needed. Garnish with additional thyme and a bit more feta if desired.

Did know? Pesticides can travel great distances through

the environment. When sprayed on crops, pesticides can be blown by the wind to other areas. They can also flow with rain water into nearby streams or can seep through the soil & into the ground water. Some pesticides can remain in the environment for many years & pass from one organism to another.



Grilled Cauliflower

*1 head cauliflower *1 Tbsp. olive oil *1 Tbsp. lemon juice *1 clove garlic, finely minced *12 tsp. honey or agave *1 tsp. salt *1/8 tsp. red pepper flakes *1 Tbsp. dried parsley *1/8 cup chopped toasted walnuts

Remove the outer leaves from each cauliflower head. Cut off the bottom stem end so that you create a flat base & can stand the cauliflower up on a cutting board. Resting the cauliflower on the stem, use a large, sharp knife to trim away the sides, then cut the remaining head into 2 very thick or 3 more moderate "steaks." Reserve the sides for another use. In a small bowl, stir together the olive oil, lemon juice, garlic & honey.

Heat a grill to medium (about 350 degrees F). Brush one side of each cauliflower steak with the lemon-olive oil mixture & sprinkle the brush sides with half of the salt. Place the salted side down on the hot grill, then brush the tops of the steaks with the olive oil mixture & season with the remaining salt. Cover the grill & let cook for 5 to 6 minutes, until the bottom is beginning to char. Flip the cauliflower, then re-cover the grill & cook 5 additional minutes, until the cauliflower is tender. Remove from the grill. Sprinkle with the red pepper flakes, parsley, and walnuts. Serve hot.

