

Storage Tips

Strawberries: Store in the crisper drawer of your refrigerator. Wash just before eating.

Blueberries - Store loosely in a shallow container in the fridge. Do not wash them until ready to eat.

Cantaloupe: 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.

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.

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

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.

Lettuce: Pat the lettuce dry with a paper towel. Wrap lettuce in a paper towel & store in an airtight plastic container (you can use a plastic bag too). Store in the refrigerator.

Garden to Doorstep Organics

Potato & Pepper Stir-Fry

*1 Tbsp. oil *2 peppers, cut in long strips *1 potato, cut into small pieces *1/2 tsp. cumin seeds *4 cloves garlic *1/2 tsp. lemon juice *cilantro to garnish (optional) *1/4 tsp. ground turmeric *1/2 tsp. red chili powder *2 tsp. Coriander powder *1 tsp. salt
Fry oil, cumin & garlic. Once the garlic turns golden brown, add the cut bell peppers, potatoes & spices. Mix well. Sprinkle water with your hand. Cook & cover until the veggies are well cooked. If they are watery, turn down the heat & stir until you get the desired consistency. Stir in the lemon juice & mix well. Garnish with cilantro (optional).

Potato Pepper Soup

*3 potatoes, cubed *2 cups veggie broth *1 1/2 cups mini peppers, chopped *1 small onion, chopped *1/4 cup margarine or butter *1/4 cup flour *1/4 tsp. salt *1/4 tsp. pepper *1/8 tsp. ground red pepper *3 cups milk or unsweetened plant based milk

In a medium saucepan combine potatoes & vegetable broth. Bring to a boil; reduce heat. Cover & simmer for 10 minutes or until potatoes are tender. Do not drain. In a large saucepan cook the mini peppers & onion in hot margarine or butter until tender but not brown. Stir in flour, salt, black pepper & ground red pepper. Add milk all at once. Cook & stir until thickened & bubbly. Cook & stir for 1 minute more. Stir in undrained potatoes. Heat through & serve.

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Zesty Pepper Salad

*1 lb. mini bell peppers *1/2 sweet onion, thinly sliced *2 tsp. dried dill *2 1/2 Tbsp. white vinegar *lemon juice (optional) *3 Tbsp. olive oil *1/2 tsp. garlic salt *pinch of black pepper
Remove the tops & seeds from bell peppers, then cut them in half lengthwise & then into thin strips. It is quicker to stack two bell peppers & cut two halves at a time. Transfer sliced bell peppers to a large mixing bowl. Thinly slice onion & add it to the bowl along with dill. Combine 2 1/2 Tbsp. vinegar with 3 Tbsp. olive oil, 1/2 tsp garlic salt & a pinch of pepper. Whisk the dressing together with a fork. Pour dressing over salad ingredients & stir well to combine. Add more garlic salt to taste if desired. You can serve the salad right away or refrigerate until ready to serve. It even tastes great after being refrigerated overnight!

Cantaloupe Berry Salad

*1/2 cantaloupe, scooped with a melon baller *1 cup strawberries, thinly sliced *1 cup blueberries *1 Tbsp. lime juice *2 tsp. chopped mint leaves (optional)
In a large bowl, combine cantaloupe, strawberries, blueberries, lime juice & mint (optional). Set aside in the refrigerator for at least 30 minutes.

Tomato & Pepper Salad

*2 cups tomatoes *1 cup peppers (cut into cubes) *1 cup green olives *1 Tbsp. dried parsley *1 Tbsp. olive oil *1 Tbsp. red wine vinegar *salt & pepper
Combine all the ingredients in a bowl & toss well. Refrigerate until ready to serve.

Why Choose Organic?

What is organic farming? Organic farming produces plants without the use of chemicals. It focuses on using fertile soil along with a variety of crops to maintain healthy growing conditions which produce a food with more nutrients & less chemicals than typical commercial foods. It also prohibits the growing of genetically modified foods.

What are the benefits? One of the commonly proclaimed benefits is organic foods taste better. But there are many other benefits. Besides the physical benefits to you there are environmental benefits & benefits to the animals & people who live & work on the farms. Organic foods prevent people from ingesting regular amounts of pesticides & insecticides commonly found in commercial products. Research suggests that this excessive use of chemicals in food can be linked to increased health problems like Parkinson's & cancer & interferes with the healthy development of children. Organic food also protects the planet. Organic farming ensures that bio-diversity remains available in the foods we eat & the wildlife that live on or near the farms. Fruits & vegetables are naturally available in 100's of varieties. Commercial growing limits the variety of each food available by mass producing only a handful. Many species of birds, insects & other animals are affected by the chemicals & farming conditions used in growing commercial foods. Organic farming is considered 'sustainable' farming. The workers & the animals are not as exposed to dangerous toxins or working & living conditions. This enables people to continue growing healthy foods for the rest of society without reliance on huge machinery & chemicals. Organic farming protects humans, animals & the environment. Increasing the demand for organic products will encourage this form of farming & ensure that the food supply available to our children is a healthy one. Source: Food Editorial.co