

**"I think that I shall never see a poem as lovely as a tree...."**

by Joyce Kilmer.

If you are like us, the sight of beautiful trees is amazing & calming. Not only does their presence relieve our stress, but they are so very important to our existence & that of our planet. As the biggest plants on the planet, they give us ½ of the world's oxygen, they soak up large amounts of carbon dioxide & store enormous amounts of carbon that would otherwise be released into our atmosphere. Without trees & roots to hold soil together, erosion would quickly occur & heavy rains would easily wash soil away. They give life & shelter to the world's wildlife not to mention the material for tools & shelter for humans. Common pesticides used in weed control in crop fields, golf courses & lawns drifts through the air & can cause significant damage to trees & shrubs, particularly when affected year after year, according to University of Nebraska Institute of Agriculture & Natural Resources. It reports that herbicide drift can cause tree leaves to become stunted, twisted, feel leathery, curl or drop. Tree growth will slow & branches will die back. The damage is more than cosmetic: the tree canopy may become thinner, & combined with distorted leaves, the tree can't produce the same amount of energy as a non-affected tree. Eventually it can die.



## Garden to Doorstep Organics



### Marinara Spaghetti Squash

\*1 spaghetti squash, halved lengthwise  
\*1 ½ cups marinara sauce \*2 cloves garlic \*salt & pepper to taste \*1/4 cup grated Parmesan cheese  
Scrape seeds out of squash with a spoon. Place squash cut-sides-down in a microwave-safe baking dish. Fill baking dish with 1/2-1 inch of water. Microwave on high for about 15 minutes, or until you can easily pierce the squash with a fork. Meanwhile, bring sauce to a simmer in a skillet or sauté pan. Grate garlic into sauce & stir to combine. Taste sauce, salt & pepper to taste. Adjust heat to low. Once squash is done, allow to cool until able to handle, about 15 minutes. Use a fork to scrape out the spaghetti-like strands & place in colander. Allow to drain a bit. Add spaghetti strands to warm sauce in pan & toss to coat. Add grated parmesan & toss to combine. You can garnish with additional Parmesan, chopped fresh Italian parsley or basil to taste.

### Banana & Strawberry Smoothie

\*1 banana, cut up & frozen \*2 cups strawberries, halved \*1/2 cup Greek yogurt (or non-dairy yogurt) \*1/2 cup milk (or non-dairy milk)  
Add all ingredients to a high powered blender and blend until smooth.



### Broccoli & Garlic

\*1 bunch broccolini \*salt \*1/8 cup olive oil \*2 cloves garlic, thinly sliced \*1/2 tsp. crushed red pepper  
Bring a large pot of salted water to a boil. Add the broccolini & cook until bright green & barely crisp-tender, about 5 minutes. Drain, reserving 1/2 cup of the cooking water. In a very large skillet, heat the olive oil with the garlic & crushed red pepper & cook over moderate heat until fragrant, about 1 minute. Increase the heat to high, add the broccolini & toss to coat with the oil. Add the reserved cooking water & toss occasionally, until the broccolini is crisp-tender, about 2 minutes. Season with salt & transfer to a platter. Serve warm or at room temperature.

### Roasted Tomato & Carrot Soup

\*non-stick veggie spray \*1 small onion, thinly sliced \*1 pound tomatoes, halved \*1/2 pound carrots, cut into ½ inch thick rounds \*1 clove garlic \*1/2 Tbsp. olive oil \*1 ¼ cup water \*1 ½ cups low-fat milk (or non-dairy milk) \*1 tsp. dried basil  
Preheat oven to 400°F. Spray large rimmed baking sheet with nonstick spray. Arrange onion, tomatoes, carrots & garlic cloves on prepared baking sheet. Drizzle with oil. Sprinkle with salt & pepper. Roast until vegetables are tender & brown, turning occasionally, about 55 minutes. Cool slightly. Peel garlic cloves. Transfer vegetables to large bowl (do not clean baking sheet). Add 1/2 cup water to baking sheet, scraping up browned bits; add to blender, then add half of vegetables & puree until smooth. Transfer to large saucepan. Add remaining vegetables & water to blender & puree. Transfer to same saucepan. Gradually add enough milk to soup to thin to desired consistency. Stir in basil. Simmer 10 minutes to blend flavors. Season with salt & pepper.

### Cucumber Pasta Salad

\*1 (8 oz.) pkg. of bow tie pasta \*1 cucumber, thinly sliced \*1 onion, thinly sliced \*1 ½ tsp. dried dill \*3/4 cup white vinegar \*1 cup white sugar \*1 cup water \*1 Tbsp. vegetable oil \*1 Tbsp. mustard \*1/2 tsp. salt \*1/2 tsp. pepper  
Bring a large pot of lightly salted water to a boil. Cook the bow tie pasta at a boil, stirring occasionally, until cooked through yet firm to the bite, about 12 minutes. Drain & rinse with cold water until pasta is cool. Stir pasta, cucumber, onion & dill in a salad bowl. Whisk vinegar, sugar, water, vegetable oil, mustard, salt & pepper in a separate bowl until sugar & salt have dissolved. Pour dressing over the pasta mixture & toss lightly to coat with dressing. Let chill for 2 hours before serving.

## Storage Tips

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

Bananas - Store in a cool area. Do not refrigerate (unless bananas are very ripe). Wrap the stems of the bananas with plastic wrap.

Broccolini - To store, mist the unwashed heads, wrap loosely in damp paper towels, and refrigerate. You can also store unwashed in a plastic bag in the refrigerator.

Carrots - remove any of the tops (the green part). 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). Carrot tops are edible & good for you. They can be chopped up and added to soups, stews or casseroles.

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

Spaghetti Squash: Store squash in a cool, dry place. Cut squash should be tightly wrapped in plastic wrap and refrigerated.

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