

# Storage Tips

**Kiwi** – Store in the crisper drawer of the refrigerator.

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

**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.

**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.

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

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

**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.

**Spaghetti Squash** is different from most squash. In fact, it is a great healthy alternative to noodles. Here are several different ways to cook a Spaghetti Squash:

**BAKING SPAGHETTI SQUASH RINGS:** Carefully cut the squash into rings. BE CAREFUL. This is the most difficult part of this method. If you want, you can cut a thin slice off the side so that you have a flat surface to prevent the squash from rolling around. Remove the seeds. A grapefruit spoon works well. Place the rings on a baking sheet & brush lightly with olive oil. Sprinkle with salt & pepper. Bake at 400°F until fork tender & then let it cool slightly so you can handle it. Use a fork or your hands to pull the strands of squash away from the peel. They turn out so beautifully this way!

**BAKING WHOLE SPAGHETTI SQUASH:** The downside to this method is that the squash steams on the inside and leaves you with a softer, more watery spaghetti squash. The upside? It doesn't get much easier than this. Use a knife to prick holes all over the squash. Place on a baking sheet & roast at 400°F until tender (poke with a knife to test) — about an hour, depending on how large of a squash you have. Turn the squash over halfway through cooking to ensure even cooking. When tender, let cool enough to handle. Cut in half – if you cut it lengthwise (from stem to end), you'll have shorter spaghetti strands. If you cut it right down the middle (between the stem and the end), you'll have longer strands. Remove seeds. Use a fork to separate the squash into strands.

**BAKING SPAGHETTI SQUASH HALVES:** Cut in half – if you cut it lengthwise (from stem to end), you'll have shorter spaghetti strands. If you cut it right down the middle (between the stem and the end), you'll have longer strands. Scoop out the seeds. Drizzle inside lightly with olive oil (use a brush or your hands to evenly coat) & sprinkle with salt & pepper. Place the squash cut side down on a parchment paper lined baking sheet. Roast at 400°F until tender (poke with a knife to test) — about an hour, depending on how large of a squash you have. When tender, let cool enough to handle. Use a fork to separate the squash into strands.

**HOW TO COOK SPAGHETTI SQUASH IN THE SLOW COOKER:** Pierce squash all over with a knife. Place squash in slow cooker & place the cover on. Cook on high for 3-4 hours or on low for 6-8 hours or until easily pierced with a knife. Carefully remove squash and let cool slightly. Cut in half & remove seeds. Use a fork to separate the squash into strands.

**MICROWAVE:** See the Sesame Noodle recipe below for a microwave version.



# Garden to Doorstep Organics



## Pepper Zucchini Stir-Fry

**\*1 Tbsp. sesame oil \*1 clove garlic, minced \*½ cup onion, sliced small \*2 cups bell pepper, seeded, sliced in thin strips \*2 cups zucchini, sliced in thin strips \*2 cup brown rice, cooked Sauce: \*2 1/2 Tbsp. soy sauce, low sodium \*1 tsp. sesame oil \*2 tsp. Asian Chili Paste \*1 tsp. Dijon mustard**

**Cook rice according to direction. In a large fry pan; over medium-low heat, add 1 Tbsp. of sesame oil. Heat oil for about 30 seconds, add garlic & cook for 1 minute. Add onion & peppers, stirring occasionally & cook for about 4 minutes. Add zucchini & cook until slightly tender, but still firm, stirring occasionally. Turn off heat & stir in sauce. Divide, rice between two bowls & evenly divide vegetables. For a pinch of heat, add sriracha sauce to the stir-fry. To make sauce: In a bowl, add soy sauce, sesame oil, chili paste & mustard; mix until combined.**

## Carrot & Zucchini Fritters

**\*1 cup chickpeas \*1 zucchini, grated \*1 carrot, grated \*2 eggs \*½ cup whole wheat panko \*1 tsp. dried basil \* ½ tsp. garlic powder \*½ tsp. salt \*½ tsp. pepper \*olive oil**  
Mash chickpeas with a fork in a large bowl. Set aside. Grate zucchini & carrots. Place in a clean dish towel or cloth. Squeeze out as much moisture as possible. Add veggies, panko, egg, basil, garlic powder, salt & pepper to the bowl with the mashed chickpeas. Stir until completely combined. Heat olive oil in a large skillet on medium heat. Scoop 2 Tbsp. of mixture into your hand press to compress it into a patty. Cook for about 1-2 minutes, until the underside is golden brown then flip and repeat. They are very good served with a dollop of yogurt on top.

## Eating Healthy Without the Hassle

## Sesame Noodles using Spaghetti Squash

**Spaghetti Squash makes a delicious, healthy alternative to noodles. Try this great recipe.**

**\*1 (3 lb.) spaghetti squash \*1 Tbsp. sesame seeds \*4 Tbsp. tahini (sesame paste) \*4 Tbsp. light soy sauce \*1 Tbsp. rice vinegar \*1 Tbsp. sesame oil \*1 tsp. minced garlic \*1/4 tsp. red pepper flakes**

Heat a small skillet over medium-low heat & use it to toast the sesame seeds, about 2 minutes, just until golden. Watch out so that they don't burn. Remove from skillet & set aside. Pierce the whole spaghetti squash in a few places. Place on a microwave-safe plate. Microwave on high until fork-tender, about 15 minutes, rotating it midway. Allow to slightly cool, then use a sharp chef's knife to cut it open. Use a large spoon to scoop out the pulp & seeds. If, upon cutting the spaghetti squash open you discover that it's still a bit too firm, place each half in its turn in a large microwave-safe bowl, cut side down. Add ¼ cup water. Cover, and microwave until tender, probably 3 more minutes. While the spaghetti squash is cooking, in a large serving bowl, whisk together the sesame paste, soy sauce, rice vinegar, sesame oil, garlic & red pepper flakes. Stir the hot spaghetti squash strands into the mixture & mix thoroughly. Sprinkle with the sesame seeds & serve.

## Homemade Sauerkraut

**\*1 cup water \*1 cup white vinegar \*1/2 onion, diced \*1 head cabbage, cored & shredded \*3/4 tsp. salt \*1/2 tsp. celery seed \*1/2 tsp. onion powder \*1/2 tsp. garlic powder \*pepper**

**Combine water, 1/2 of the vinegar & onion in a pot over high heat. Add cabbage, salt, celery seed, onion powder, garlic powder & black pepper. Pour the remaining vinegar over cabbage mixture. Cover pot and bring water to a boil; cook mixture for about 3 minutes.**

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