

Storage Tips

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

Pears - Store at room temperature until ripe — to hasten ripening, place pears in a paper bag at room temperature. Once ripe, place pears in a plastic bag and refrigerate.

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

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 greens are edible & good for you. They can be chopped up and added to soups, stews or casseroles.

Green Onions: Place the onions in a jar with a bit of water. Cover them with a plastic bag & place in the refrigerator (replace the water every couple of days). Or if you prefer, you can wrap the ends with a damp paper towel, place them in a plastic bag & place them in the refrigerator.

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

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

Burrito Spaghetti Squash Bowls

*1 spaghetti squash *1/2 Tbsp. oil *1/2 can black beans, dried & rinsed *1/2 jar of salsa *1 Tbsp. olive oil *1/2 red onion, sliced *1 cup corn kernels *1 Tbsp. dried cilantro *1 jalapeno, diced (optional) *6 green onions, sliced *1 tsp. cumin *salt & pepper *1/2 cup shredded cheddar/Monterey Jack cheese

Preheat the oven to 375°F & line a cookie sheet with foil OR fill a 9 x 13" glass baking dish with about an inch of water. Wash the spaghetti squash & slice off the stem at the top (if it is too hard to cut, try cutting a few slices in it & microwaving it for 5 minutes to help soften it). Cut squash in half lengthwise & then use a spoon to scrap out the seeds & the darker yellow strands to which the seeds are attached. Rub a little bit of high heat oil on the inner edges of the squash & place each half face down on the baking sheet/dish. Roast in the oven for 30-45 minutes, depending on the size (longer for larger squash). You can test to see if it's done by scraping the inside with a fork. Strands should come loose as you scrape all the way down to the flesh. While the squash is roasting, prepare the filling by warming one Tbsp. oil in a large pan over medium heat. Sauté the red onion for a few minutes & then add the jalapeno (optional). Sprinkle with salt & pepper & cumin & cook to desired softness. When the squash is done cooking, allow it to cool for a few minutes before handling. Turn the oven to broil & transfer the squash to a surface where you can scrape the inside & begin stuffing. Scrape about 3/4 of the inside out onto a dish & layer the filling inside (black beans & corn, jalapeno (optional) & onion, salsa & cilantro). Top with the spaghetti squash & press down. Add another layer of filling. Sprinkle green onion on top & finish with shredded cheese. Broil in the oven for about 5 minutes so that the cheese is bubble & golden brown. Serve.

Spaghetti Squash

Mediterranean Style

*1 spaghetti squash *2 Tbsp. olive oil *1 tsp. salt *1 tsp. pepper *1/2 cup red onion, diced *4 cloves garlic, minced *1 tsp. oregano *1/2 cup sun dried tomatoes *1/4 cup sun dried tomato pesto *1 tsp. lemon juice *1/2 tsp. lemon zest *4 ozs. feta cheese crumbles *1/4 cup green onions, diced

Preheat the oven to 400° F. Cut the spaghetti squash in half lengthwise, remove the seeds & brush with 1 Tbsp. olive oil. Sprinkle with ½ tsp. salt & ½ tsp. black pepper. Place cut side down on a baking sheet & roast in the oven for 45 minutes. Once the spaghetti squash comes out of the oven, set aside to cool slightly. Add the remaining tablespoon of olive oil to a large skillet over medium heat. Add the red onion, sauté 3-4 minutes. Add the garlic. Sprinkle the remaining ½ tsp. salt and ½ tsp. black pepper & oregano. Sauté 2-3 minutes, add the sun dried tomatoes, sauté 1-2 minutes & set aside. Pull the spaghetti squash "noodles" out of the shell & place in a large bowl. Mix the pesto, lemon juice & lemon zest into the spaghetti squash. Toss in the sun dried tomatoes. Place in a bowl & top with the feta cheese & green onions.

Simple Lettuce Salad

*7 cups torn lettuce *1 bunch green onions, sliced *1/4 cup butter *1/2 cup vinegar *1/4 tsp. salt *sugar (optional)

Combine lettuce & green onions in a large bowl; set aside.

Combine remaining ingredients in a small saucepan; bring to a boil. Pour over lettuce; toss gently. If you would like a variation, add a little sugar to the dressing for a sweet/sour taste!

Happy Earth Day!

Garden to Doorstep Organics

Sautéed Green Onions & Carrots

*6-8 carrots *1 tsp. salt *1/2 bunch green onions *1 Tbsp. grapeseed oil *1 Tbsp. butter (optional) *salt & pepper to taste
Peel the carrots & slice into rounds about 1/4 inch thick. Bring a large pot of cold water to a boil. Add the salt & stir. Set up an ice bath. Add the carrots & parboil. This should only take a few minutes, as you just want them to be cooked about three-quarters of the way through. When ready, drain the carrots & immediately place them into the ice bath. Once the carrots have completely cooled, pat dry with paper towels. Slice just the bulb of the green onion into slits lengthwise. Then finely slice the green onion. Heat a large fry pan over medium-high heat. Once hot, add the oil, followed by the carrots. *Note: If desired, add a Tbsp. of butter. For plant-based use a non-dairy butter such as Earth Balance. Let cook for a bit on the first side to develop a bit of color. Then toss & continue to cook until the carrots are almost cooked through. Taste for seasoning & top with the green onions. Toss to combine & serve immediately.

Strawberries & Banana Smoothie

*2 cups strawberries, sliced *1 banana, sliced *1 ½ cup of milk of your choice *1 cup plain Greek yogurt or plant based yogurt

Put fruit in a freezer bag. Seal & store in freezer for up to 8-12 months.

When ready to use, put milk, yogurt, & frozen fruit into a blender and mix until consistency is smooth.

The environment is where we all meet; where we all have a mutual interest; it is the one thing all of us share.

Lady Bird Johnson

Congratulations on helping to preserve our earth & the environment by choosing to eat organically grown fruits & veggies.

Organic farming reduces plant & animal exposure to synthetic pesticides which harm soil organisms, beneficial insects, plants, birds, frogs, and a host of other animals. This includes pollinators such as butterflies and bees, upon which we rely for our food supply. Organic farming also helps stabilize the climate. Our planet is getting warmer. The 11 hottest years recorded in the last 100 years have all happened since 1995. Global warming occurs when there is an increased concentration of carbon dioxide in the atmosphere. Did you know that conventional farming is a large contributor to global warming? Conventional farming, with its added pesticides and chemicals, releases carbon into the atmosphere when the soil is being degraded with the loss of humus & the killing of soil organisms & the carbon they contain. Organic farming instead holds the carbon in the soil. A 23 year Farming Systems Trial study from the Rodale Institute found that conventional agricultural plots held onto basically no carbon while organic fields can remove about 7000 pounds of carbon dioxide from the air each year & store it in an acre of farmland. If all 434 million acres of American crop land was converted to organic practices, it would be the equivalent of eliminating 217 million cars from the road, or 1 car for every 2 acres of farmland. Organic farming also helps keep groundwater and surface water free of pesticides & chemicals. A major problem with industrial fertilizers is that they create dead zones in the oceans at mouths of rivers where oxygen is depleted and higher life forms, such as seafood species, can't survive. The dead zone at the mouth of the Mississippi River is the size of New Jersey.

Source: The Huffington Post & American Nutrition Association

"Take care of the land & the land will take care of you" H. Bennett

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