

## Storage Tips for this week's menu

Watermelon: A ripe watermelon will have a yellowish-white resting spot, opposed to a white or pale green spot (where the melon rested on the ground). If it is not yet ripe, give it a few days. Also, a soft "give" when you press the blossom end of the melon (opposite the stem end), indicated ripeness. Store watermelon in the refrigerator & once cut, be sure to wrap in plastic or foil & store in refrigerator.

Clementines: Put them in the crisper section of the refrigerator.

Asparagus: Fill a jar with an inch or two of water. Store the asparagus upright in the jar. Cover with a plastic bag & place in the refrigerator. Change water when it gets cloudy.

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

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.

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.

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).

# Happy Easter from Garden to Doorstep Organics



## Roasted Parmesan Asparagus & Tomatoes

\*1 lb. asparagus \*1 ½ cups cherry tomatoes cut in half \*1/4 cup Parmesan cheese \*salt & pepper \*1/2 cup Balsamic vinegar  
Preheat oven to 400 F degrees. Spray a 9x13 baking dish, with cooking spray & set aside. Snap the end pieces off the asparagus. Place the asparagus at one end & tomatoes at the other end of the baking dish. Season generously with salt & pepper & sprinkle the Parmesan cheese over asparagus & tomatoes. Place in oven & bake for about 15 minutes or until asparagus softens a bit & begins to get brown. In the meantime add the balsamic vinegar to a small sauce pan & cook over medium heat for about 15 to 20 minutes or until it reduces & starts to thicken. Drizzle some of the balsamic reduction over the roasted asparagus & tomatoes & serve warm.

## Asparagus Soup

\*1 ½ cup chopped onion \*3 Tbsp. butter \*1 ½ cups sliced mushrooms \*3/4 lbs. asparagus, trimmed & cut into ½ inch pieces \*1 can veggie broth (49 ozs.) \*1/2 tsp. salt \*1 tbsp. dried parsley \*1/2 tsp. dried thyme \*1/4 tsp. pepper \*1/8 tsp. cayenne pepper \*2 cups cooked wild rice \*3 Tbsp. corn starch \*1/3 cup water  
In a 3-qt. saucepan, sauté onions in butter for 4 minutes. Add mushrooms & cook until tender. Add asparagus, broth & seasonings. Cover & simmer for 30 minutes. Add rice. Combine cornstarch & water until smooth; gradually stir into soup. Bring to a boil; cook & stir for 2 minutes or until thickened.

## Watermelon Smoothie

\*2 cups cubed frozen watermelon \*1 cup water \*1 Tbsp. honey or other sweetener \*(optional) a few mint or basil leaves  
Blend the frozen, cubed watermelon & the water until smooth. Add the honey & mint or basil (optional) & blend another 10-20 seconds until mostly smooth & the consistency of a slushy.  
Serve immediately!

## Potato wedges-Seasoned

\*1/4 cup grated Parmesan cheese \*1 Tbsp. olive oil \*1 tsp. onion powder \*1 tsp. garlic powder \*1/4 tsp. pepper \*1/4 tsp. salt \*2 potatoes, scrubbed & cut into eights  
Preheat an oven to 425 degrees F. Place Parmesan cheese, olive oil, onion powder, garlic powder, pepper, salt & potatoes into a resealable plastic bag. Seal the bag, then shake to coat the potatoes with the seasoning. Spread the potatoes over a baking sheet. Bake in the preheated oven until the potatoes are easily pierced with a fork, about 25 minutes.

## Potato & Cauliflower Curry

\*1 head cauliflower, trimmed \*3/4 lb. potatoes \*salt & pepper \*2 Tbsp. vegetable oil \*3 medium onions, chopped \*4 cloves garlic, minced \*1 inch of ginger, peeled & grated \*1 Tbsp. ground coriander \*pinch of red pepper flakes \*1 pint cherry tomatoes, chopped \*1 can chickpeas, drained & rinsed \*2 cups vegetable broth or water \*3/4 cup light coconut milk  
Cut the cauliflower into medium-sized florets. Chop the potatoes into 3/4-inch chunks. Place cauliflower & potatoes in a large soup & fill with cold water. Season the water heavily with salt. Bring to a rolling boil over the stove. Remove from the heat immediately & drain gently into a colander. Place colander over the pot to stay warm while you prepare the remaining ingredients. Heat the oil in a large, heavy pot Add the onions, garlic & ginger & sauté, stirring every few minutes, for about 8 to 10 minutes, or until the onions are very soft & translucent. Adjust heat if necessary. Add the ground coriander, cumin, red pepper flakes, salt & pepper, & cook, stirring frequently, for 2 to 3 minutes, or until very fragrant. Add the tomatoes with their juices & drained chickpeas. Stir mixture together. Add the cauliflower & potatoes. Add the vegetable broth (or water, if using)—the broth/water should almost reach the top of the vegetable mixture—and bring to a low simmer. Simmer mixture for 10 minutes, stirring occasionally, until the cauliflower & potatoes are fork tender. Stir in the coconut milk, simmer for an additional 10 minutes & season to taste with salt & pepper. Serve with rice.

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