

## Mashed Potatoes & Cabbage (yum!)

\*2 pounds potatoes, peeled \*1 small onion \*6 cloves garlic, minced  
\*10 oz. cabbage, shredded \*1 cup water \*1/2 cup unsweetened, non-dairy milk \*1 tsp. ground coriander \*1/2 tsp. garlic granules \*1/2 tsp. onion granules \*1/2 tsp. black pepper \*1/2 lemon, juiced  
In a large pot with the lid on, bring water to a boil. While water heats, chop potatoes & add them to boiling water. Cook potatoes for about 15 minutes. They should be soft & split nicely using a fork. Once they're soft, strain the potatoes. Save 1 cup of the cooking water. While the potatoes cook, add onion to a large skillet over medium-high heat. Cover with a lid & sauté for just 2 minutes, stirring occasionally. Then turn heat to medium & add minced garlic. Sauté for 2 more minutes. Add the shredded cabbage & 1/2 cup of water to the skillet. Cover with a lid & steam the veggies for 5 minutes, or until they are soft with a bright color. Either in the pot used to cook the potatoes or a large mixing bowl, combine potatoes, 1/2 cup of water, 1/2 cup of non-dairy milk, coriander, garlic & onion granules & black pepper. Use a potato masher or a handheld mixer to mash & mix the potatoes. Stir in the onions, greens & lemon juice. Serve warm.

## Grilled zucchini & Peppers

\*2 peppers, julienned \*2 zucchini, julienned \*1 Tbsp. butter \*2 tsp. soy sauce

Place the vegetables on a double layer of heavy-duty foil. Dot with butter; drizzle with soy sauce. Fold foil around vegetables & seal tightly. Grill, covered, over medium heat for 5-7 minutes on each side or until vegetables are crisp-tender.

## Watermelon Salad with Feta

\*1/3 cup olive oil \*3 Tbsp. lemon juice \*2 tsp. salt \*1 tsp. Tabasco \*1/2 tsp. black pepper \*8 ozs. watermelon scooped into balls or cut into 1 1/2 inch chunks \*1/2 pound feta cheese, crumbled 1 1/4 cups pitted olives \*1 small onions, diced \*1 cup chopped mint leaves (optional)  
In a large bowl, whisk the oil, lemon juice, salt, Tabasco & pepper. Add the watermelon, feta, olives & onion & toss gently. Garnish with the mint & serve.

## Celery & Almonds Salad

\*1/2 cup almonds \*8 celery stalks, thinly sliced \*6 dates, pitted & coarsely chopped \*3 Tbsp. lemon juice \*salt & pepper \*2 ozs. shredded Parmesan \*1/4 cup olive oil \*crushed red pepper flakes

Preheat oven to 350°. Spread out almonds on a small rimmed baking sheet; toast, stirring occasionally, until golden brown, 8-10 minutes. Let cool; coarsely chop.

Toss almonds, celery, celery leaves, dates & lemon juice in a medium bowl; season with salt & pepper. Add Parmesan & oil & toss gently; season with red pepper flakes.

## Grilled Potatoes

\*2 pounds potatoes \*2 cloves garlic, smashed \*1/3 cup olive oil \*1 lemon wedge \*a mixture of herbs such as parsley, chives, rosemary & oregano  
Prepare a gas grill for direct-heat cooking over medium-high heat. Cut potatoes into 1/2-inch-thick slices & cook in a large pot of well-salted boiling water 10 minutes (potatoes will not be cooked through).

Meanwhile, stir together herbs, garlic, oil, 1/2 tsp. salt & 1/4 tsp. pepper in a large shallow dish. Drain potatoes well & transfer to herb oil, tossing gently to coat. Transfer potatoes to grill (reserve oil in dish). Grill potatoes, covered, turning once or twice, until tender, about 5 minutes total. Return potatoes to dish & toss again with herb oil. Squeeze lemon wedge over potatoes. Season with salt & serve.

“I Cannot Control everything in my life, but I Can control what I put in my body”

Unknown

Garden to Doorstep

Organics

## Storage Tips

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

Melons: Whole, ripe melons can be stored in a refrigerator. Once cut, melons should be sealed in an airtight container or wrapped tightly and stored in a refrigerator.

Celery: Wrap the celery up tightly in aluminum foil, and place in the refrigerator crisper drawer

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

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.

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.

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.