

# Garden to Doorstep Organics

## Vegan Carrot Dogs

\*6-8 carrots, peeled \*1/4 cup soy sauce \*1/4 cup apple cider vinegar \*1/4 cup vegetable broth \*2 Tbsp. maple syrup \*1 Tbsp. liquid smoke \*1 tsp. yellow mustard \*1 tsp. fresh garlic, minced \*1/2 tsp. onion powder  
Cut & peel carrots to make them "bun length". Boil carrots in water until just fork tender. About 10-15 minutes. Drain carrots, rinse with cold water & drain again. Place carrots in a ziplock freezer bag. Whisk all marinade ingredients together & pour into bag with carrots. Marinate for 4-6 hrs. Grill carrots on an open grill, basting occasionally. Grill to heat all the way through & to get some blackened grill marks on each side. Garnish with your favorite hot dog toppings.

*"It is health that is real wealth and not pieces of gold and silver."*

*Mahatma Gandhi*

## Cucumbers with Sour Cream

\*1/2 cup sour cream \*3 Tbsp. white vinegar \*1 Tbsp. sugar \*pepper to taste  
\*2-3 cucumbers, peeled if desired & thinly sliced \*1/2 small onion, thinly sliced & separated into rings  
In a large bowl, whisk sour cream, vinegar, sugar & pepper until blended. Add cucumbers & onion; toss to coat. Refrigerate, covered, at least 4 hours. Serve with a slotted spoon.

## Port Mushrooms Stuffed with Zucchini

\*2 mushrooms, stems removed \*1 1/2 zucchini, peeled \*1/2 tsp. olive oil \*1 clove garlic, minced \*1/2 Tbsp. dried oregano \*1 tsp. dried thyme \*1 tsp. dried basil \*salt & pepper \*1 egg \*1/2 cup canned diced tomato  
Preheat oven to 400°F. Arrange mushrooms stems side up on greased baking sheet. Spread 2 T. of diced tomato on top of each mushroom cap. Sauté garlic until translucent. Add zucchini & spices & cook on medium heat for 5 minutes, or until zucchini is softened. Stir zucchini mixture with the remaining diced tomato. Spread zucchini tomato stuffing over the mushroom caps. You may top with grated cheese. Bake for 20-25 minutes until browned on top.

## Pasta with Asparagus & Mushrooms

\*Mushrooms, sliced \*12 ozs. bowtie pasta \*4 cloves garlic, smashed, peeled & sliced \*1/2 tsp. salt \*1/4 tsp. pepper \*2 Tbsp. olive oil \*3 1/2 cups water \*1 pound asparagus, ends trimmed & cut into 6-8 even pieces \*2 Tbsp. salted butter \*1/4 cup heavy cream \*grated parmesan-reggiano cheese for serving  
Add mushrooms, bowtie pasta, garlic, salt, pepper, water & olive oil to a large sauce pan. Bring to a boil over high heat. Cook pasta, stirring constantly, for about 5 to 6 minutes & then add asparagus. Cook for another 3 to 4 minutes & then add butter & heavy cream. Lower heat to low, mix thorough & continue cooking until pasta is al dente, another 2 to 3 minutes. Season with salt & pepper to taste if necessary.

## Grilled Asparagus

\*3/4 pound asparagus, trimmed \*1 Tbsp. olive oil \*salt & pepper to taste  
Preheat grill for high heat.  
Lightly coat the asparagus spears with olive oil. Season with salt & pepper to taste. Grill over high heat for 2 to 3 minutes, or to desired tenderness.

## Zucchini, Corn & Black Bean Tacos

\*1 Tbsp. olive oil \*2 cups zucchini \*1 cup corn kernels \*1 clove garlic \*1 cup black beans, rinsed \*2 Tbsp. diced green chiles, drained \*3 Tbsp. taco seasoning \*1/2 tsp. salt \*1/2 cup crumbled feta cheese \*2 Tbsp. chopped fresh cilantro or 1 Tbsp. dried \*cooking spray \*8 corn tortillas  
Heat the olive oil in a large nonstick skillet on high heat. Add the zucchini, corn & garlic & sauté, tossing occasionally, until zucchini is softened & lightly browned. Add the black beans, chiles, taco seasoning & salt. Taste for seasoning & add additional salt if necessary. Heat a small, nonstick skillet on high heat. Spray with cooking spray & add a tortilla. Spray the top side of the tortilla with cooking spray. Lightly toast the tortilla, turning once & set aside. Repeat with the remaining tortillas (this will keep them from falling apart when eating). Serve the zucchini taco filling in a tortilla, topped with feta & cilantro.

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## Storage Tips

Peaches: Store peaches at room temperature until ripe — this usually takes 2 to 3 days. A ripe fruit will yield a bit when pressed gently. To speed up the ripening process, place peaches in a paper bag and store at room temperature, out of direct sunlight. Once ripe, store them 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.

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.

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

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.

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.

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