

Storage Tips

Papayas: Store in the crisper drawer of the refrigerator.

Oranges: Store unwashed in the crisper drawer of your 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.

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

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

Garlic: Store in a mesh bag or paper bag.

Avocados - You can tell if an avocado is ripe by giving it a gentle squeeze. If it yields to that light pressure, it's ready to use. If your avocados are ripe, place them in a plastic bag in the refrigerator. If they are not ripe, place them in a brown bag at room temperature until ripe, then store in a plastic bag in the refrigerator.

Roasted Zucchini with Parmesan & Garlic

*3-5 zucchini *10-15 garlic cloves, peeled *2 Tbsp. olive oil *1 tsp. Italian Herb Blend *3/4 cup grated Parmesan cheese *salt & pepper to taste
Preheat the oven to 450F/230C. Cover a large baking sheet with foil.
Cut off the squash ends & cut each piece of squash in half lengthwise. Cut the squash into slices about 3/4 inch thick. Toss squash & garlic with all the olive oil & the Italian Herb Blend, making sure all the squash pieces are lightly coated with oil. Spread the squash & garlic out on the baking sheet, making sure all the squash pieces are laying flat & the squash pieces are not touching each other more than necessary. Roast the squash & garlic pieces about 20 minutes, or until the squash is barely starting to soften & look cooked. Sprinkle desired amount of coarsely grated Parmesan over the top of the squash pieces. Put the baking sheet back into the oven & cook 5-10 minutes more, or until cheese is all melted & starting to slightly brown. Serve hot.

Parmesan Garlic Spaghetti Squash

*1 spaghetti squash *salt & pepper to taste *2 Tbsp. olive oil & more for brushing *4 cloves garlic, finely chopped *1/2 onion, finely chopped *3/4 cup grated Parmesan cheese *optional: parsley & paprika for garnish
Preheat oven to 400° F With a knife, carefully score squash & poke holes lengthwise where you're going to cut it in half. Microwave the squash for 5 minutes. Allow to cool. Carefully cut the squash in a half. Scoop out the seeds. Brush the inside of both halves of the squash with olive oil. Season with salt & pepper. Place the two halves cut side down on a baking sheet lined with parchment paper. Roast the squash until tender, about 30 minutes. Allow several minutes to cool. Using a fork, scrape the insides to create a spaghetti-like texture. Set aside. Heat 2 Tbsp. of olive oil in a large skillet over medium heat. Add garlic & onions. Season with salt & pepper. Cook until soft & slightly browned, about 2-3 minutes. Mix in the spaghetti squash for about 3 minutes. Remove from the heat. Mix in the Parmesan cheese. Season with salt & pepper to taste. Garnish with paprika and parsley (optional).

Vegan Avocado Toast

*4-6 slices of bread *1 ripe avocado *chili paste *1/2 lemon or lime (optional) *salt & pepper to taste SPICED CHICKPEAS: *2 cups cooked chickpeas *2 Tbsp. olive oil *1 tsp. ground cumin *2 tsp. smoked paprika *1/2 tsp. hot chili powder *salt to taste
Place chickpeas in a colander for a few minutes to drain them well & cool. Mix all the spices together with a few pinches of salt in a small bowl. Heat up a heavy bottomed pan on a medium-high heat. Pour 2 Tbsp. of olive oil on the hot pan & wait a few seconds for the oil to heat up. Chuck dry chickpeas into the hot oil. Stir the chickpeas from time to time so that they don't burn. Sprinkle chickpeas with mixed spices & stir the spices in. Turn the heat off but keep on roasting the chickpeas in the residual heat until they are evenly coated in spices. Taste the chickpeas & adjust with salt if necessary. Stir frequently as ground spices burn really easily & become bitter. Take off the heat & set aside. Toast the bread. Slice avocado & spread it on the toast. You may want to lightly sprinkle it with lime (or lemon) juice to prevent discoloration. Top with spiced chickpeas, salt * hot choli sauce.

St. Patrick's Day

Garden to Doorstep Organics

Easy Ways to Cook Spaghetti Squash

*1 large spaghetti squash *optional salt, olive oil etc. *sauce or seasoning as desired. To Make: Carefully cut the spaghetti squash in half, lengthwise. Place the squash—flat sides up—in a baking pan. If desired, scoop the seeds out & brush the squash strands with olive oil & sprinkle with salt. You can opt to scoop the seeds out & season after baking if you prefer. Place the pan on the middle rack in a non-preheated oven, then set the oven to 460 F. Large squashes will take around 40-50 minutes to roast fully, but very small ones may take less time, so it's a good idea to check the squash after 20-30 minutes. Remove from the oven, and scoop out the strands. If you'd like, you can mix the strands with other ingredients & then stuff them back into the hollowed-out spaghetti squash shells. Storing the strands in a glass pyrex and covering only with a paper towel is best, because it allows water to escape instead of getting trapped inside the container & weighing down the roasted squash.

Microwave method: If you're short on time & don't mind more of a steamed-spaghetti-squash result, you can cook your spaghetti squash in the microwave! To microwave: Poke holes in the spaghetti squash, cut in half lengthwise & scoop out the seeds if desired. Fill a glass baking dish about 1/4 up with water, then place the squash—flat sides down—in the pan & microwave 10-15 minutes or until tender. Remove from the microwave & scoop out the strands.

How to Roast Garlic

* Preheat your oven to 400°F. Peel & discard the papery outer layers of the whole garlic bulb, leaving intact the skins of the individual cloves of garlic. Using a sharp knife, cut 1/4 to a 1/2 inch from the top of cloves, exposing the individual cloves of garlic. Put the garlic heads in a baking pan, cut side up. (A muffin pan works great for this, as it keeps the garlic bulbs from rolling around.) Drizzle a couple tsp. of olive oil over each exposed head, using your fingers to rub the olive oil over all the cut, exposed garlic cloves. Cover the bulb with aluminum foil. Bake at 400°F for 30-40 minutes, or until the cloves are lightly browned & feel soft when pressed. Allow the garlic to cool. Use a small knife cut the skin slightly around each clove. Use a cocktail fork or your fingers to pull or squeeze the roasted garlic cloves out of their skins. Eat as is or mash with a fork & use for cooking. Can be spread over warm French bread, mixed with sour cream for a topping for baked potatoes or mixed in with Parmesan & pasta (Yum!)

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3-11-19