

Storage Tips

Clementines: Store unwashed in the crisper drawer of your refrigerator.

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

Red 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.

Onions - Store in a dark, cool, well-ventilated area. Punch holes in a paper bag (if you have a hole punch, that works great). Place onions in the bags and paperclip them closed. Store in a basement or any other darker, cooler place. Do not refrigerate them.

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.

Broccoli - To store, mist the unwashed heads, wrap loosely in damp paper towels, and refrigerate. You can also store unwashed broccoli in a plastic bag in 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.

Breaded Asparagus in the Oven

* 1 bunch asparagus (about 12-18 spears), tough ends trimmed *1 cup flour *salt & pepper *4 eggs, beaten *1 cup panko breadcrumbs *1/2 cup fine breadcrumbs *1 cup grated Parmigiano-Reggiano cheese *zest of 1 lemon *1 Tbsp. dried parsley *cooking spray For Dressing: *1/2 cup Dijon mustard *2 cloves garlic, minced *juice of 1 lemon *1/2 cup mayonnaise or Greek yogurt *1 tsp. dried tarragon

Preheat oven to 450°F & line a baking sheet with parchment paper. Set up a breading station with three shallow dishes: In the first dish, place the flour seasoned with salt & pepper. In the second dish, beat the eggs with salt & pepper. Combine Panko, breadcrumbs, cheese, lemon zest & parsley in the third. Pass the asparagus spears first through the flour, then egg, & lastly coat in breadcrumbs. Line the spears up on the parchment-covered baking sheet & spray with olive oil cooking spray to lightly coat. Transfer pan to oven & bake until golden and crisp, about 8-10 minutes. Combine dressing ingredients in bowl & transfer to serving dish. Arrange the asparagus on a platter & serve with dressing for dipping.

Herbed Red Potatoes

*Red potatoes *salt & pepper *olive oil *dried basil leaves *dried thyme leaves *dried rosemary
In a large stock pot filled halfway with water, bring to boil & liberally salt water. Add red potatoes & boil for 15 minutes, or until they are fork tender. Strain; set aside. Preheat oven to 450 degrees F. Using a baking sheet, drizzle some olive oil onto the sheet & spread around using hand (or paper towel). Line your potatoes up 4 to a row, 3 across, making sure they aren't too close to each other. Using a potato masher or strong fork, press down in the center to smash your potato; repeat for all potatoes. Drizzle olive oil over the tops of the potatoes, then brush around the entire potato. Sprinkle kosher salt, pepper & all herbs over the tops of the potatoes. Place into oven & bake for 20 minutes, or until browned on the top. Yum!

Creamless Cream of Asparagus Soup

*2 Tbsp. olive oil *1 onion, chopped *1 clove of garlic, minced *2 red potatoes, chopped *3 cups asparagus, chopped into 1 inch pieces, woody ends removed *5 cups vegetable broth *1/4 tsp. pepper (or to taste) *1 tsp. lemon juice *1 cup asparagus tips only (optional for garnish)

In a large pot, sauté the onions, garlic in olive oil until the onions are soft & translucent. Add the potatoes & asparagus & mix well. Add the vegetable stock. Bring to a simmer. Turn the heat down to low & continue to simmer for about 15 minutes, until the vegetables have become soft. Puree the soup in batches using your blender and pour it back to the pot. Add the lemon juice & black pepper & stir to mix. On low, continue to cook for a couple of minutes, stirring occasionally. Serve hot with crackers & asparagus tips on top. (Asparagus tip garnish: cook the tips in salted boiling water for about 4 minutes until they are slightly tender. Drain & serve on top of the soup with crackers). You can also freeze this soup.

Italian Peppers & Broccoli

*4 cups broccoli florets *2 bell peppers, julienned *1 Tbsp. olive oil *1 clove garlic, minced *1 tsp. dried oregano *1/2 tsp. salt *1/4 tsp. pepper *1 Tbsp. grated parmesan cheese

In a large saucepan, bring 6 cups water to a boil. Add broccoli; cook, uncovered, 3 minutes. Drain & immediately place broccoli in ice water. Drain & pat dry. In a large nonstick skillet, sauté peppers in oil for 3 minutes or until crisp-tender. Add the broccoli, garlic, oregano, salt & pepper; cook 2 minutes longer. Sprinkle with cheese.

Stuffed Pepper Soup with Garlic

*1 cup uncooked brown lentils, rinsed *1 Tbsp. olive oil *1 onion, diced *3 cloves garlic *2 bell peppers, cored & diced *1 tsp. dried thyme *1 tsp. dried oregano *1 can diced fire roasted tomatoes *1 can tomato sauce *4 cups vegetable broth *2 cups water *10 ozs. cooked brown rice (optional) *1 Tbsp. parsley

In a large pot, warm the olive oil over medium-low heat. Add the diced onion, sprinkle with a pinch of salt & pepper & cook for about 3 minutes, until translucent. Next, add the garlic, bell peppers & dried herbs & continue to cook for 5 more minutes. Pour in the can of diced tomatoes with their juices, tomato sauce, vegetable broth, water & lentils & stir everything together. Turn the heat to high to bring to a boil then reduce it to medium & cook for about 35 minutes, or until the lentils are tender. Serve the soup warm with fresh parsley & add brown rice as desired on top of the soup.

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