

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.

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

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.

Ginger: Ginger is a great & healthy addition to many recipes and so easy to use & store. This is the easiest way we found to store ginger. Wash it & let it dry thoroughly when you receive it. Then place it in a zip lock plastic bag, plastic wrap or foil & keep in the door of your freezer. Then wherever you use it in a recipe, simply remove it from the freezer, grate some into your recipe & return to the freezer door. You do not even need to peel it as it has been washed & is organic.

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.

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.

Kale - Refrigerate in plastic bag; do not wash until ready to use.

Roasted Garlic & Ginger Carrots

*1 ½ lbs. carrots *3 cloves garlic, minced
*1/2 inch knob of garlic, grated *1 tsp. salt
*3 Tbsp. olive oil

Preheat oven to 375 degrees. Peel & cut 2 lbs. of carrots into 1/2 inch rounds. Add the 3 cloves of garlic & a 1/2 inch knob of ginger. Add 1 tsp. of salt & toss with 3 Tbsp. of olive oil. Put carrots on cookie sheet in a single layer & roast for 25 minutes, or until slightly browned.

Delicious Stir Fry Sauce

*1/2 cup low sodium soy sauce
*1/2 cup veggie broth *1 Tbsp.
corn starch *1 Tbsp. honey or
agave *1 tsp. sesame seed oil *1
tsp. rice vinegar *2 inch piece of
ginger, grated *2 cloves garlic,
grated

Whisk all ingredients together.
Adjust the amount of sauce you
add according to how much stir
fry you're making. When adding
to your stir fry, allow to cook for
3 full minutes to allow the corn
starch to thicken the sauce.
Makes 1-1/4 cups. Will keep
refrigerated in an airtight
container for 1 week.

Add to the veggies of your choice
for a stir fry (the broccoli, carrots
& peppers in this week's box will
work well).

Peach & Blueberry Crisp

*3 cups of fresh peaches, sliced *1 – 1 ½ cups blueberries *1/2 cup sugar
*2 Tbsp. corn starch *1 tsp. vanilla *1 Tbsp. lemon juice *1 cup rolled
oats *1/3 cup flour *1/3 cup brown sugar *1/2 cup butter, softened
Preheat oven to 350 degrees F. Place peaches & blueberries in a baking
dish. Mix sugar & corn starch together & sprinkle over fruit. Add vanilla &
lemon juice, stir to combine. Mix oats, flour & brown sugar together in a
small bowl. Add butter & mix to combine until mixture is crumbly. Spread
over fruit mixture. Bake in preheated oven for 1 hour, until fruit mixture
is thick & the topping is golden brown. Serve warm with a scoop of
vanilla ice cream.



from

Garden to Doorstep Organics

Kale with Ginger

*1 bunch kale, stems removed &
leaves cut into strips *2 Tbsp.
olive oil *1 Tbsp. butter *2
cloves garlic, minced *1 med
onion, chopped *1 Tbsp. grated
ginger *1 Tbsp. lime juice
*pepper

Bring a large pot of lightly salted
water to a boil. Add kale & boil
for 2-3 minutes, until slightly
wilted. Drain in a colander. In a
large skillet or wok, heat oil &
butter, add garlic, onion &
ginger. Sauté until onion is
softened. Add kale, tossing until
combined. Cover & cook on low
heat just until kale is tender.
Sprinkle with lime juice & toss.
Sprinkle with pepper & serve.

Thai Curry

*1 ¼ cups brown rice *1 Tbsp. olive oil *1 small onion, chopped *pinch of salt *1 Tbsp. grated ginger *2 cloves garlic, minced *2 bell peppers, sliced into 2 inch long strips *3 carrots, sliced on the diagonal into ¼ inch thick rounds *2 Tbsp. red Thai curry paste *1 can (14 ozs.) coconut milk *1/2 cup water *1 ½ cups packed thinly sliced kale *1 ½ tsp. brown sugar or agave *1 Tbsp. soy sauce *2 tsp. rice vinegar or lime juice

To cook the rice, bring a large pot of water to boil. Add the rinsed rice & continue boiling for 30 minutes, reducing heat as necessary to prevent overflow. Remove from heat, drain the rice & return the rice to pot. Cover & let the rice rest for 10 minutes or longer, until you're ready to serve. Just before serving, season the rice to taste with salt & fluff it with a fork.

To make the curry, warm a large skillet with deep sides over medium heat. Once it's hot, add the oil. Add the onion & a sprinkle of salt & cook, stirring often, until the onion has softened & is turning translucent, about 5 minutes. Add the ginger & garlic & cook until fragrant, about 30 seconds, while stirring continuously. Add the bell peppers & carrots. Cook until the bell peppers are fork-tender, 3 to 5 more minutes, stirring occasionally. Then add the curry paste & cook, stirring often, for 2 minutes. Add the coconut milk, water, kale & sugar. Stir to combine. Bring the mixture to a simmer over medium heat. Reduce heat as necessary to maintain a gentle simmer & cook until the peppers, carrots & kale have softened to your liking, about 5 to 10 minutes, stirring occasionally. Remove the pot from the heat & season with soy sauce & rice vinegar. Add salt, to taste. If the curry needs a little more punch, add ½ tsp. more soy sauce, or for more acidity, add ½ tsp. more rice vinegar. Divide rice & curry into bowls.