

Greek Salad

*4 cups torn romaine *1 pepper, julienned *1 cup chopped cucumber *1/4 cup olive oil *1 Tbsp. Lemon juice *1 tsp. sugar *1/4 tsp. garlic salt *1/4 tsp. pepper *1 pkg. (4 oz.) crumbled feta cheese
In a large salad bowl, combine the romaine, bell pepper & cucumber. In a jar with a tight-fitting lid, combine the oil, lemon juice, sugar, garlic salt & pepper; shake well. Drizzle over salad. Sprinkle with feta cheese; toss gently.

Grapefruit Bars

CRUST: *1 cup flour *1/4 cup brown sugar *1 stick unsalted butter, room temp FILLING: *2 eggs *zest of 1 grapefruit *1/2 cup grapefruit juice *3/4 cup sugar *squeeze of lemon *1/4 tsp. baking powder *2 Tbsp. flour *1 Tbsp. corn starch *2 drop red food coloring (optional) *confectioner's sugar
Set the oven to 350F. Line a 9x9 baking dish with parchment paper.
In the bowl of a stand mixer, or by hand, combine the butter, flour & sugar until there is no more dry flour feel & the mixture is uniformly crumbly. Press the crust evenly into the pan, using your fingers or the bottom of a metal measuring cup. Bake the crust for 15 minutes. In the meantime, wipe out the bowl & add the filling ingredients. Beat or whisk until everything is well combined & there are no lumps. Pour the filling onto the hot crust & then return to the oven for another 25 minutes, or until set. Cool completely in the refrigerator & then dust with powdered sugar before serving.

Pepper & Broccoli Frittata

*6 eggs *2 Tbsp. milk *1 1/2 cups broccoli florets *1 pepper, chopped *1/4 onion, chopped *1/3 cup shredded cheddar cheese *1 Tbsp. olive oil *salt & pepper to taste
Preheat oven to 350 degrees. Place a 10-inch oven-proof skillet over medium-high heat. Add the olive oil. Once hot, add the onions & bell pepper. Sauté, stirring occasionally, until the onions are tender; about 6 minutes. Add the broccoli & stir. Add 2 Tbsp. of water & cover pan. Reduce heat to medium & let the broccoli steam for 2 minutes or until slightly tender. Uncover & remove from heat. Let set 4 or 5 minutes. In a medium mixing bowl, beat the eggs with the milk & a pinch of salt & pepper. Return skillet to burner & set heat to medium. Add a little more olive oil & stir broccoli around so it's distributed fairly even in the skillet. Pour the egg mixture over the broccoli. Cook for about 3 minutes until the edges begin to set. Sprinkle cheese evenly over the top. Transfer skillet to preheated oven & bake until the center is set - about 12 to 14 minutes. Cut into wedges & serve warm.

Grilled Mango

*2-3 mangoes *2 Tbsp. honey *2-3 Tbsp. chopped pistachios *pinch of chili flakes (or your favorite spice) *1 lime cut into wedges (optional)
Cut the large "cheeks" off of each side of the mango. Peel each mango cheek with a paring knife & cut into large cubes. Place six cubes of mango on each skewer. Grill over a preheated BBQ grill or grill pan until grill marks are as dark as you would like. If the mango are soft & ripe, only grill one side of the mango. Try to grill them quickly so the mangos do not become too soft. Place mango skewers on a serving platter. Drizzle with honey & sprinkle with pistachios & Chile powder. Serve with lime wedges to spritz (optional) on the mango skewers.

Mango Dish

*1 tbsp. vegetable oil *1 pkg. chicken meat substitute (We love the Quorn brand. They are delicious. Give it a try) *salt & pepper to taste *2 bell peppers, thinly sliced *1 tsp. minced garlic *2 tsp. minced ginger *2/3 cup veggie broth *2 Tbsp. sugar *2 Tbsp. soy sauce *2 Tbsp. rice vinegar *1 Tbsp. cornstarch *1 1/2 cup mango chunks
Heat the oil in a large pan over medium high heat. Place the chicken meat substitute in the pan in a single layer. Season with salt & pepper & cook according to package instructions. Add the peppers to the pan with the chicken meat substitute & cook for 3-4 minutes or until softened. Add the garlic & ginger to the pan & cook for 1 minute. In a small bowl, whisk together the veggie broth, sugar, soy sauce, rice vinegar & cornstarch. Pour the broth mixture over the vegetables & bring to a simmer. Cook for 1-2 minutes or until sauce has just thickened. Stir in the mango chunks & serve.



We are so excited about Organics! Garden to Doorstep Organics

Hello Friends,

Thank you for taking this journey of healthier eating & living with us.

As a family business, our family, especially our children, are the center of our world. As you may know, we have a large family of ten children (we have 1 year old twin boys now). As our family grew, we wanted to eat healthier & feed our kids healthy pure food. That's how our business started. We had a vision to be able to help others feed their families healthy organic produce like we fed our children.

We love kids and have a passion to help find fun and convenient ways to help kids grow. We want them to eat healthy in a world filled with pesticides and processed foods.

Eating healthier can be fun. One of our goals this year is to help kids get excited about eating delicious organic fruit & veggies and getting them involved with the box you receive each week.

That is why we are excited to say that we are starting our

Garden to Doorstep Organics Kids' Program.

If you have children, grandchildren, nieces or nephews etc. in your life, let us know and we will include them in the program. We will have flyers, interactive material, coloring pages, information, fun & easy recipes and even videos on ways to make eating fruit & veggies fun.

If you have children in your life, please let us know their ages so we can include information for them. We will try to have information for different age groups.



Storage Tips

Grapefruit - Store the whole grapefruit in the crisper drawer of refrigerator until ready to eat.

Mangoes: If a mango is ripe, it will give slightly when you press on it. If the mango is ripe, place in a plastic bag and refrigerate. Keep unripe mangoes at room temperature & then refrigerate in plastic bag once ripe. To speed up ripening, place mangoes in a paper bag at room temperature.

Cucumber: Store in the crisper drawer of the refrigerator.

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.

Lettuce: Pat the lettuce dry with a paper towel. Wrap lettuce in a paper towel & store in an airtight plastic container (you can use a plastic bag too). Store 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.

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.