

Storage Tips

Watermelon: A ripe watermelon will have a yellowish-white resting spot, opposed to a white or pale green spot (where the melon rested on the ground). If it is not yet ripe, give it a few days. Also, a soft “give” when you press the blossom end of the melon (opposite the stem end), indicated ripeness. Store watermelon in the refrigerator & once cut, be sure to wrap in plastic or foil & store in refrigerator.

Pears - Store at room temperature until ripe — to hasten ripening, place pears in a paper bag at room temperature. Once ripe, place pears in a plastic bag and refrigerate.

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

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.

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.

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

Beets - 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).

Stuffed Acorn Squash with Kale & Mushrooms

*1 acorn squash *2 cups chopped kale *8 ozs. mushrooms *1/2 cup chopped onions *1 cup cooked quinoa *2 Tbsp. minced garlic *3 Tbsp. avocado oil *1/2 cup water *salt & pepper to taste

Preheat oven to 350 degrees. With a sharp knife, cut off a small amount off each end of the acorn squash so it will sit flat when cut in half. Cut in half. Spoon out seeds. Using 1 Tbsp. of avocado oil, brush the top and inside of the acorn squash. Sprinkle salt & pepper over acorn squash. Place squash flesh side down on foil lined cookie sheet. Bake in oven for 25 to 30 minutes or until golden brown & soft to fork. While squash is cooking, start to prepare stuffing. In a large skillet, heat remaining 2 Tbsp. of avocado oil over medium heat. Add onions and cook until translucent. Add minced garlic, kale, spinach, mushroom, and 1/2 cup water. Cook until spinach and kale have wilted & cooked down. Add in cooked quinoa. Cook for 2 to 3 minutes to heat through. Salt & pepper to taste. Divide vegetable mixture in half & stuff roasted acorns. Place back into oven & bake for a few minutes to heat through.

Acorn Squash, Beet & Quinoa Salad

*1 cup squash *1 cup cooked quinoa *4 cups packed chopped kale *2 beets, peeled, cooked & diced *1/2 cup dried tart cherries *1/2 cup chopped walnuts *1 Tbsp. olive oil *2 Tbsp. apple cider vinegar *salt & pepper to taste

Preheat oven to 400 degrees F. Line pan with parchment paper & place squash on pan. Season with salt, pepper & a spray of olive oil. Roast squash in oven for 40 minutes.

In large skillet over medium heat, cook kale with a few tablespoons of water until it wilts a little. In large bowl, whisk together oil & apple cider vinegar & season with salt & pepper.

Toss all ingredients in a bowl with dressing to coat. Serve immediately.

Beet Salad with Kale & Almonds

For Beet Salad: *1 bunch kale *2 pounds beets, peeled *salt & pepper *olive oil *1/2 small onion, thinly sliced *3 Tbsp. slivered almonds

FOR LEMON-HONEY VINAIGRETTE: *1/4 cup olive oil *2 Tbsp. lemon juice *3 Tbsp. honey *1 garlic clove, chopped *1 1/4 Tbsp. dried rosemary *salt & pepper

Preheat oven to 400 degrees F. Toss kale with salt, pepper & a little olive oil. Spread on a baking sheet. Roast in heated oven for 7 minutes. Check, & if kale is not crispy enough, leave it in oven a little longer. Remove from oven & set aside. Cut peeled beets into wedges. Place beets on a baking sheet & season with salt. Add a generous drizzle of olive oil & toss to coat. Make sure beets are spread in one layer on the baking sheet & roast in heated oven for about 45 minutes or so. While beets are roasting, make the lemon-honey vinaigrette. Simply mix vinaigrette ingredients in a small bowl & whisk to combine. Toast slivered almonds in a dry non-stick skillet, tossing frequently, until almonds turn a golden color (do not brown too much.) When beets are ready & you are able to stick a knife in without resistance, remove from heat & transfer to a mixing bowl. Add onions. Pour the lemon-honey vinaigrette on top & give the beets & onions a nice toss. Add crispy kale & very gently toss. Transfer beet salad to a serving platter. Add toasted slivered almonds. Enjoy warm or at room temperature.

Caramelized Broccoli

*3 Tbsp. olive oil *2 heads of broccoli, stems peeled & heads halved lengthwise *1/2 cup water *3 garlic cloves, thinly sliced *Pinch of crushed red pepper *salt & pepper *2 Tbsp. fresh lemon juice

In a large, deep skillet, heat 2 Tbsp. of the olive oil. Add the broccoli, cut side down, cover & cook over moderate heat until richly browned on the bottom, about 8 minutes. Add the water, cover & cook until the broccoli is just tender & the water has evaporated, about 7 minutes. Add the remaining 1 Tbsp. of olive oil along with the garlic & the crushed red pepper & cook uncovered until the garlic is golden brown, about 3 minutes. Season the broccoli with salt & pepper, drizzle with the lemon juice & serve.

Pear, Kale & Cranberry Salad

*1/3 cup raw pine nuts or unsalted raw sunflower seeds *10 oz. kale *3 Tbsp. olive oil *3 Tbsp. lemon juice *1 pear diced into 1/2 inch cubes *1/3 cup dried sweetened cranberries *1/4 tsp salt, or more to taste

Toast the pine nuts or seeds in a small skillet over medium heat, stirring frequently, till golden brown. Watch them carefully, they can burn quickly. As soon as they're toasted, remove them from the hot skillet to keep them from browning further. If your dried cranberries are super dry and not very soft, you can soak them in hot water for 5 minutes to plump and revive them. Drain the cranberries and pat dry before assembling the salad. Chop the kale leaves into bite-sized pieces. Place the kale leaves into a salad bowl & pour the olive oil over them. Massage the olive oil into the kale with clean fingers for 2-3 minutes till the kale is softened & slightly wilted. This will help remove bitterness from the kale. Add the lemon juice, diced pear, cranberries, & toasted pine nuts to the bowl & sprinkle the salt evenly across the top. Toss the salad till well mixed. Let the salad sit for at least 5 minutes at room temperature. Toss again, then serve. Refrigerate leftovers.



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