

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.

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

Green Onions: Place the onions in a jar with a bit of water. Cover them with a plastic bag & place in the refrigerator (replace the water every couple of days). Or if you prefer, you can wrap the ends with a damp paper towel, place them in a plastic bag & place them in the refrigerator.

Broccolini - To store, mist the unwashed broccolini, wrap loosely in damp paper towels, and refrigerate. You can also store unwashed in a plastic bag in the refrigerator.

Cauliflower - Store, stem-side down in a plastic bag in the refrigerator (stem-side down prevents moisture from collecting in the florets & possibly causing the head to spoil).

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

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

Watermelon Cucumber Salad

*3-4 green onions, sliced thinly *2 Tbsp. lime juice, or more to taste *2 Tbsp. olive oil *1 watermelon, cut into cubes *2-3 cucumbers, seeded & cut into cubes *1 cup crumbled feta cheese *1/2 cup mint leaves, thinly sliced (optional)

Mix red onion with lime juice in a bowl; set aside to marinate at least 10 minutes. Stir olive oil into mixture.

Toss watermelon, baby cucumbers & feta cheese together in a large bowl. Pour the red onion mixture over the watermelon mixture; toss to coat. Sprinkle mint over the salad; toss.

Delicious Cucumber Salad

*2-3 cucumbers *2 green onions, sliced *1 clove garlic, minced *4 Tbsp. apple cider vinegar *1 tsp. honey *2 tsp. dried dill *1/2 tsp. salt *1/4 tsp. black pepper

Peel and slice cucumber thinly.

In a large bowl mix cucumber and green onion.

In a small glass mix vinegar, honey, garlic, salt, black pepper and dill.

Pour vinegar mixture over cucumber, toss to coat.

Adjust taste with more salt and black pepper if needed and serve immediately.

Cauliflower Kale Sauté

*1 Tbsp. olive oil *1 Tbsp. butter *1/2 cup onions, diced into small pieces *1/2 head cauliflower, chopped *1 Tbsp. garlic, minced *1 bunch of kale, chopped *1/2 cup orange juice *salt & pepper to taste

Preheat a large fry pan on medium heat. Add the butter & oil. Once the butter is melted, add the onion & cauliflower. Sauté, stirring occasionally until nicely browned.

Add the garlic & sauté for 2 minutes more stirring regularly.

Add the kale & orange juice & cook, stirring regularly until the kale has wilted down & the orange juice has concentrated. You don't want it to be to liquidy.

With gratitude & respect

Garden to Doorstep Organics

Easy Broccolini

*1 bunch broccolini *2 Tbsp. olive oil *1 clove garlic, minced *1 lemon wedge *salt & pepper to taste *1 pinch red pepper flakes (optional)

Fill a large skillet with 1 to 2 inches of water & bring to a boil Add broccolini & cook until bright green, 1 to 2 minutes. Transfer broccolini to a strainer & drain water from skillet. Heat olive oil in the same skillet over medium heat. Cook & stir garlic in the hot oil until golden and fragrant, 1 to 2 minutes. Return broccolini to frying pan using tongs; cook & stir until heated through, 2 to 3 minutes. Squeeze lemon juice over broccoli & season with salt, pepper & red pepper flakes.

Garlic Lemon Kale

*1 large bunch of kale, chopped *2 Tbsp. lemon juice *1 Tbsp. olive oil *1 Tbsp. garlic, minced *1 tsp. soy sauce *salt & pepper to taste

Place a steamer insert into a saucepan and fill with water to just below the bottom of the steamer. Cover & bring the water to a boil over high heat. Add kale, cover the pan & steam until just tender, about 7 to 10 minutes depending on thickness.

Whisk together lemon juice, olive oil, garlic, soy sauce, salt & black pepper in a large bowl. Toss steamed kale with dressing until well coated.

"Our flag does not fly because the wind moves it. It flies with the last breath of each soldier who died protecting it"

Unknown

