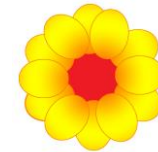




Garden

to



Doorstep

Organics

Carrot Salad with Lemon Dijon Vinaigrette

*1 pound carrots, peeled *2 tsp. Dijon mustard *1 Tbsp. lemon juice *1 ½ Tbsp. vegetable oil *1 ½ Tbsp. olive oil *1-2 tsp. honey *heaping ¼ tsp. salt *1/4 tsp. pepper *1 Tbsp. dried parsley *1 Tbsp. onion, finely chopped

Grate the carrots in a food processor. Set aside. In a salad bowl, combine the Dijon mustard, lemon juice, honey, vegetable oil, olive oil, salt & pepper. Add the carrots, parsley & onions & toss well. Taste & adjust seasoning if necessary. Cover & refrigerate until ready to serve.

Mango & Raspberry Salad

*3/4 cup cranberry juice *1 Tbsp. sugar *1 ripe mango *raspberries *vanilla ice cream or yogurt

In a small pan, bring the cranberry juice & sugar to a rolling boil, then remove from the heat & leave to cool. Meanwhile, peel & thinly slice the mango. Place into a large bowl with the raspberries. Pour the cranberry syrup over, then spoon into bowls. Serve with scoops of ice cream or yogurt.



Carrot Chickpea Salad

*1 lemon, finely zested & juiced *1 tsp. ground coriander *1/8 tsp. cayenne pepper *salt *olive oil *1 pound carrots, coarsely grated *2 cans chickpeas, rinsed *1/2 cup golden raisins *1/2 cup roasted, unsalted cashews, coarsely chopped *1/3 cup coarsely chopped cilantro

In a large bowl, combine the lemon zest & juice, coriander, cayenne & 1 1/4 tsp. salt. Whisk in the olive oil. Stir in the carrots, chickpeas, raisins, cashews & chopped cilantro; toss to coat. Let stand for 5 minutes. Top with the cilantro leaves.

Grilled Portobello Mushrooms

*2-3 portobello mushrooms *1/4 cup canola oil *3 Tbsp. chopped onions *4 cloves garlic, minced *4 Tbsp. balsamic vinegar
Clean mushrooms & remove stems, reserve for other use. Place caps on a plate with the gills up. In a small bowl, combine the oil, onion, garlic & vinegar. Pour mixture evenly over the mushroom caps & let stand for 1 hour. Grill over hot grill for 10 minutes. Serve immediately.

Roasted Carrot & Beet Salad with Pistachios

*3-4 beets, julienned *4 carrots, julienned *2 Tbsp. olive oil *2 tsp. honey *1 tsp. white wine vinegar *2 tsp. Dijon mustard *juice of ½ lemon *salt & pepper *3 Tbsp. raw shelled pistachios, chopped

Preheat oven to 425 degrees. Place the julienned carrots & beets on a cookie sheet & toss with 1 Tbsp. olive oil & the 2 tsp honey. Sprinkle with salt & pepper. Roast for 15-20 minutes. Remove from oven & let cool. While cooling, whisk 1 Tbsp. olive oil, white wine vinegar, Dijon mustard & lemon juice. Once vegetables are at room temperature, in a bowl, place the roasted vegetables & toss with the dressing. Serve with pistachios sprinkled on top.

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Storage Tips

Raspberries - Store loosely in a shallow container in the fridge. Do not wash them 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.

Carrots & 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). Carrot & Beet greens are edible & good for you. They can be chopped up and added to soups, stews or casseroles.

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

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.

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.