

Storage Tips

Rhubarb: Wrap fresh rhubarb in plastic, put it in the refrigerator & don't wash it until you're ready to use it. If you want to freeze it, prepare it by washing & cutting it into 1-inch pieces. Drop the pieces into boiling water for one minute & then stop the cooking by "shocking" it. Scoop rhubarb out with a slotted spoon or sieve & plunge it immediately into ice water. Drain the cooled rhubarb pieces, spread them out on baking sheets & transfer them to the freezer. Once the rhubarb is frozen solid, you can store it in heavy-duty plastic bags for up to a year.

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.

Asparagus: Fill a jar with an inch or two of water. Store the asparagus upright in the jar. Cover with a plastic bag & place in the refrigerator. Change water when it gets cloudy.

Carrots with greens – Remove the greens from the carrots & store them separately. 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). Store in the refrigerator.

Radishes: Cut off the greens. Store the unwashed roots in a plastic bag & place 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.

Grilled Bell Peppers with Goat Cheese

*2 Green Bell Peppers *1 clove garlic, minced *2 Tbsp. olive oil *1/2 cup goat cheese *1 Tbsp. lemon pepper seasoning
Core & seed the bell peppers. Cut each into six wedges & place into a resealable plastic bag. Add the garlic & drizzle with olive oil. Toss, seal & set aside to marinate at least 20 minutes.
Preheat an outdoor grill for medium heat & lightly oil the grate. Stir the goat cheese & lemon pepper seasoning together in a small bowl; set aside. Cook the peppers, skin-side-up on the preheated grill until lightly charred, about 3 minutes. Flip the peppers over & carefully spoon the cheese onto each pepper. Close the lid of the barbecue & continue cooking until the bottoms are lightly charred & the cheese is warm, 2 to 3 minutes

Hungarian Mushroom Soup

*4 Tbsp. unsalted butter *2 cups chopped onions *8 oz. mushrooms, sliced *2 tsp. dried dill weed *1 Tbsp. paprika *1 Tbsp. soy sauce *2 cups veggie broth *1 cup milk *3 Tbsp. flour *1 tsp. salt *pepper to taste *2 tsp. lemon juice *1/4 cup chopped fresh parsley *1/2 cup low-fat sour cream
Melt the butter in a large pot over medium heat. Sauté the onions in the butter for 5 minutes. Add the mushrooms & sauté for 5 more minutes. Stir in the dill, paprika, soy sauce & broth. Reduce heat to low, cover & simmer for 15 minutes. In a separate bowl, whisk the milk & flour together. Pour this into the soup & stir well to blend. Cover & simmer for 15 minutes more, stirring occasionally. Stir in the salt, pepper, lemon juice, parsley & sour cream. Mix together & allow to heat through over low heat, about 3-5 minutes. Do not boil. Serve immediately.

Mum's Delicious Rhubarb Dessert

CRUST *1 cup sifted flour *5 Tbsp. confectioner's sugar *1/2 cup butter TOPPING *2 beaten eggs *1 1/2 cups sugar 1/4 cup flour *3/4 tsp. salt *2 cups finely chopped rhubarb
Blend together the CRUST ingredients. Press mixture into ungreased 7 1/2 x 11 x 1 1/2 inch pan. Bake in a 350 degrees for 15 minutes. Mix together all of the TOPPING ingredients. Spoon the topping into the crust & bake for 35 minutes at 350 degrees. Serve with whipped cream on top.
(This is an old family recipe and one we look forward toward every year at this time; when rhubarb grows. The dessert is thin and not soggy, which is what we love. It is such a delicious treat!)

Asparagus Not only is it a great treat, it also has many age & disease fighting abilities. It is a good source of fiber, folate, vitamins A, C, & E as well as calcium. It is a rich source of glutathione, a detoxifying compound that helps break down carcinogens & free radicals. This is why eating asparagus may help protect against & fight certain types of cancers. It is packed with antioxidants & may help slow the aging process. It helps fight cognitive decline & maintain mental flexibility.

June 5th is World Environment Day. It was created in 1972 by the United Nations General Assembly to stimulate worldwide awareness of the environment. Organic food facts are especially important when considering our Earth & environment. Conventional farming methods erode soil and use dangerous pesticides that may take centuries before they're gone. Think of the DDT, thought to be harmless but appeared to be extremely bad for your health. Even though this pesticide has been forbidden for many years now, it's still found in virtually all waters, human beings and animals in the world. In addition, over time, artificial pest controls become less and less effective, so that even more chemicals must be used or other methods found. One of the huge advantages of organic food is that buying it has a huge positive impact on the environment, the animals and people who live on it.

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Garden to Doorstep Organics



Penne with Peppers

*1 box whole wheat penne *4 Tbsp. olive oil *1 onion, chopped *1 pkg. mini peppers *1 cup veggie broth *1 Tbsp. basil *1/2 cup Parmigiano-Reggiano cheese, grated *Salt & Pepper to taste
Bring a large pot of water to a boil. Season with salt. In a large skillet, sauté onions in olive oil for 5 minutes over medium heat. Dice the peppers into 1/2 inch squares. Add to the skillet & sauté over medium heat for 3 minutes. Season with salt & pepper & add the broth. Keep cooking until the sauce is reduced. Cook the pasta according to the package directions, drain & toss with the sauce. Stir in the basil & cheese before serving. (Add whatever other spices you may like).

Roasted Radishes

*1 Tbsp. butter *radishes, cut in half *salt & pepper to taste
Heat butter in a skillet over low heat; arrange radishes, cut side-down, in the melted butter. Season with salt and black pepper. Cook, stirring occasionally, until radishes are browned and softened, about 10 minutes.

Oven Roasted Asparagus

*1 bunch asparagus, trimmed *3 Tbsp. olive oil *1 1/2 Tbsp. grated Parmesan cheese *1 clove garlic, minced *1/2 tsp. sea salt *1/2 tsp. pepper *1 tsp. lemon juice (optional)
Preheat oven to 425 degrees. Plac

e the asparagus into a mixing bowl & drizzle with olive oil. Toss to coat the spears & sprinkle with Parmesan cheese, garlic, salt & pepper. Arrange the asparagus onto a baking sheet in a single layer. Bake in the oven just until tender; 12-15 minutes depending on thickness. Sprinkle with lemon juice before serving.



World Environment Day