

Storage Tips

Kiwi: A ripe kiwi will give a little when you gently press it with your thumb & will smell a little fragrant. If it is not ripe, store in a paper bag on the counter to ripen. Once ripe, store in the crisper drawer of the refrigerator.

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

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.

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.

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.

Beets - remove any of the tops (the green part). Make sure the roots are dry & unwashed. Place them in 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).

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

Pepper & Beet Salad

* 2 cups diced, cooked beets *2 peppers *1 Tbsp. olive oil *3 Tbsp. of your favorite vinaigrette (see the Lemon Vinaigrette recipes included)
Peel, dice & simmer beets until tender (about 20 minutes), or roasted (wrap whole, unpeeled beets in aluminum foil & roast until easily pierced, 1 - 2 hours depending on size of beets & oven temperature). Remove seeds from peppers & slice into thin strips about 2 inches long. Heat olive oil or butter in a skillet & sauté pepper strips until tender, about 10 minutes, stirring occasionally. Pour vinaigrette over beets, mix in & add peppers.
TIP: Roast beets while using the oven for other recipes. Beets can be roasted at any temperature from 300° F to 425° F, and when cooled and peeled, will keep very well refrigerated until needed.

Parmesan Yellow Squash Chips

*2-3 yellow squash, sliced into ¼ inch rounds *3 Tbsp. olive oil *salt & pepper *1 cup panko crumbs *1 cup grated Parmesan cheese *1 tsp. dried oregano *1 tsp. garlic powder *cooking spray *serve with plain non-fat yogurt
Preheat oven to 450. Line baking sheets with parchment paper & set aside.
In a large mixing bowl, combine squash, olive oil, salt & pepper. Mix until well combined. In a separate bowl, combine panko crumbs, Parmesan cheese, oregano & garlic powder. Dip slices of squash in cheese mixture & coat on both sides, pressing on the coating to stick. Place the squash in a single layer on the previously prepared baking sheet. Lightly spray each slice with cooking spray. This will help with achieving a crunchier texture. Bake for 10 minutes.
Remove from oven; gently flip over all the slices, lightly spray with cooking oil & bake for 8 more minutes, or until chips are golden brown. Remove from oven; transfer to a serving plate & serve with a dollop of Non-Fat Plain Yogurt.

Sautéed Orange Peppers & Summer Squash

*2 Tbsp. olive oil *1/2 medium onion, chopped *2 garlic cloves, minced *1 pound summer squash, cut in ½ inch dice *1 orange pepper, cut into ¼ inch pieces *salt & pepper *1 Tbsp. dried parsley
Heat the olive oil in a large, heavy skillet over medium heat & add the onion. Cook, stirring often, until tender, 5 to 8 minutes. Add the garlic, summer squash, orange pepper & about 3/4 tsp. salt. Turn the heat to medium-high & cook, stirring, until the squash is translucent & the orange pepper tender, about 10 minutes. Add black pepper, taste & adjust salt. Stir in the parsley & remove from the heat. Serve as a side dish, or use as a filling for a vegetable tart, gratin or frittata.

Lemon Vinaigrette

*1/4 cup red wine vinegar *2 Tbsp. Dijon mustard *1 tsp. dried oregano *1 clove garlic, minced *1/2 tsp. salt *1/4 tsp. black pepper *1/2 cup olive oil *2 Tbsp. lemon juice
Whisk red wine vinegar, Dijon mustard, oregano, garlic, salt & black pepper together in a small bowl. Slowly stream olive oil into the vinegar mixture while whisking briskly. Beat lemon juice into the mixture. Pour dressing into a sealable jar or bottle, seal & shake until emulsified.

Roasted Beets (on the grill)

*4-5 beets, peeled & cubed *1 Tbsp. olive oil *1 tsp. salt *1/2 tsp. black pepper
Tear two large pieces of aluminum foil. Lay one on top of the other & fold the sides up into a basin. Place the cubed beets into the basin & drizzle with olive oil. Stir gently to evenly coat all of the beets. Season with the salt & pepper. Tear off another piece of foil & cover the beets. Crimp the foil together to create a tight seal. Prepare your grill for indirect heat. If you are using charcoal. Place the coals to one side. If you are using propane, turn one burner to high & the other to low. If you are cooking on a pellet grill, set the temperature to High. Your target grill temperature should be around 400 to 425 degrees F. Place the foil pouch with the beets on the grill grates over indirect heat. Cook, occasionally flipping the pouch with a spatula, for 25-30 minutes or until the beets are fork tender & slightly browned. Serve warm or chill. Cooked beets will last several days in an airtight container in your refrigerator.

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