

### Chinese Broccoli + Yellow Squash

\*1/4 tsp. salt \*1 cup veggie broth \*5 cups uncooked broccoli \*1 yellow squash \*1 Tbsp. ginger root, minced \*2 tsp. minced garlic \*1/4 tsp. red pepper flakes or to taste \*1/4 cup water \*1/4 cup soy sauce \*3/4 Tbsp. corn starch \*feel free to add any other veggies you many have

Add 1/2 cup broth to pan. Add broccoli & zucchini; cover & cook, tossing occasionally & sprinkling with a tablespoon water if needed, until broccoli is almost crisp-tender, about 3 minutes. Uncover pan & add ginger, garlic & red pepper flakes; stir-fry until fragrant, about 1 minute. In a cup, stir together water, soy sauce, remaining 1/2 cup broth & 3/4 Tbsp. cornstarch until blended; stir into pan. Reduce heat to medium-low & bring to a simmer; simmer until slightly thickened, about 1 minute. Serve over rice or alone.

### Creamy Potatoes Asparagus Soup

\*1 Tbsp. olive oil plus another 1 1/2 Tbsp. \*1/4 cup finely chopped onion \*3 cups veggie broth \*1 pound asparagus, trimmed & cut into 1 inch pieces \*1 cup diced peeled potatoes \*2 tsp. horseradish (or to taste) \*1/4 tsp. salt \*1 cup whole wheat bread crumbs \*sliced green onions for garnish

Heat 1 Tbsp. oil in a large saucepan over medium heat. Add onion & cook, stirring, until softened, 2 to 3 minutes. Add broth, asparagus, potato, horseradish & salt; bring to a boil. Reduce heat & simmer until the vegetables are tender, about 15 minutes. Puree with an immersion blender or in a regular blender. (Use caution when pureeing hot liquids.) Meanwhile, heat the remaining 1 1/2 tablespoons oil in a large skillet over medium-high heat. Reduce heat to medium, add bread cubes & cook, stirring, until browned & crispy, 3 to 5 minutes. Serve the soup topped with the croutons and green onions, if desired.

### Oven Roasted Asparagus + Potatoes

\*1 1/2 pounds potatoes, cut into chunks \*2 Tbsp. olive oil \*8 cloves garlic, thinly sliced \*4 tsp. dried rosemary \*4 tsp. dried thyme \*2 tsp. salt \*2 bunch asparagus, trimmed & cut into 1 inch pieces \*pepper to taste

Preheat oven to 425 degrees F. In a large baking dish, toss the potatoes with 1/2 the olive oil, garlic, rosemary, thyme & 1/2 the kosher salt. Cover with aluminum foil. Bake 20 minutes in the preheated oven. Mix in the asparagus, remaining olive oil, & remaining salt. Cover & continue cooking 15 minutes, or until the potatoes are tender. Increase oven temperature to 450 degrees F. Remove foil & continue cooking 5 to 10 minutes, until potatoes are lightly browned. Season with pepper to serve.

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### Yellow Squash + Broccoli Spears

\*1 bunch broccoli \*1 yellow squash \*2 Tbsp. olive oil \*1 clove garlic, pressed \*1/2 tsp. dried oregano \*3/4 tsp. salt  
Cut broccoli into spears. Halve squash lengthwise, then crosswise into 1/4" thick half-moon slices. Steam broccoli & squash in a steamer basket in a covered large pot over gently boiling water until tender-crisp, about 10 minutes. Drain. Whisk together olive oil, garlic, oregano & salt in serving bowl. Add vegetables to bowl. Toss and serve.

### Green Onion Potatoes

\*1 Tbsp. vegetable oil \*3 potatoes, peeled, cut in half & sliced \*1 tsp. butter \*1 clove garlic, smashed & chopped \*2 green onions, sliced \*1 tsp. dried parsley \*1 dash paprika \*salt & pepper

Heat oil in large frying pan. When hot, add potatoes, cover & cook 6 to 7 minutes; stir twice during cooking. Season well & add butter. When melted, stir in garlic, onions & remaining ingredients. Cook 3 to 4 minutes, uncovered, over medium heat. Serve immediately.

*"No winter lasts forever; no spring skips its turn"*

Hal Borland

Garden to Doorstep Organics

## Storage Tips

Oranges: Store unwashed in the crisper drawer of your refrigerator.

Avocados - You can tell if an avocado is ripe by giving it a gentle squeeze — if it yields to that light pressure, it's ready to use. If your avocados are ripe, place them in a plastic bag in the refrigerator. If they are not ripe, place them in a brown bag at room temperature until ripe, then store in a plastic bag in the refrigerator.

Potatoes - Store in a well-ventilated area so they stay fresh longer. Do not refrigerate. Place them in a metal basket or rack, a wooden crate or a cardboard box with holes. Keep out of sunlight & in a cool, dark & slightly humid place, like a basement, unheated closet or cupboard.

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.

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

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.

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.