



Storage Tips

Oranges: Store in the crisper drawer of the refrigerator.

Bananas - Store in a cool area. Do not refrigerate. Wrap the stems of the bananas with plastic wrap.

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.

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

Cucumbers - wrap cucumbers individually in a paper towels & then place in a plastic bag & store in the crisper drawer of 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.

Red 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.

HAPPY VALENTINE'S DAY



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Chinese Broccoli, Zucchini & Red Peppers

*1/4 tsp. salt *1cup veggie broth *5 cups broccoli florets *1 zucchini
*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 low sodium soy sauce *3/4 Tbsp. corn starch *1 bell pepper, thinly sliced
Add 1/2 cup broth to pan. Add broccoli, peppers & zucchini; cover and cook, tossing occasionally & sprinkling with a Tbsp. 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.

Tex-Mex Potatoes & Zucchini

*2-3 zucchini *1 1/4 tsp. salt *1/4 cup olive oil *1 large potato, peeled & cut into 1/4" pieces *pepper *1/4 red pepper, finely diced *2 cloves garlic, minced *1/2 tsp. chili powder *3 Tbsp. fresh cilantro (optional)
Wash the zucchini well & dry them with paper towels. Trim off the ends & quarter the zucchini lengthwise. Slice off the top 1/4 inch of the soft seed core by running a sharp knife down the length of each quarter; it's all right if some of the seeds remain. Arrange the zucchini, cut side up, on a baking sheet lined with paper towels. Sprinkle with 1/2 tsp. salt & set aside for 10 minutes. Blot the quarters dry with the paper towels. Cut the zucchini into 3/4-inch dice. Heat a large skillet over medium-high heat for 1 minute. Pour in 2 Tbs. of the oil, add the zucchini & sauté, stirring occasionally, until the zucchini browns & softens, about 4 minutes. Transfer to a large plate. Carefully dry the hot skillet with a paper towel. Add the remaining 2 Tbs. olive oil & the potato; season with 3/4 tsp. salt & pepper. Sauté, stirring occasionally, until the potatoes brown & cook through, about 7 minutes. Add the red pepper, garlic & chili powder & sauté for 1 minute. Stir in the zucchini & cilantro & taste for salt & pepper.

Cucumber, Onion & Pepper Salad

*3 cups thinly sliced cucumber
*3/4 cup chopped red onion *1 1/4 cup chopped peppers *1/2 cup cider vinegar *2 Tbsp. sugar
In a large serving bowl, combine the cucumbers, onion & peppers. In a small bowl, whisk vinegar & sugar. Pour over vegetables; toss to coat. Chill until serving. Serve with a slotted spoon.

Corn, Potato & Zucchini Chowder

* 1 Tbsp. olive oil *3 cloves garlic, minced *1 onion, diced *1 red bell pepper, diced *1/4 cup flour *2 cups milk or unsweetened plant based milk *3 cups veggie broth *1 pound potatoes, cubed *2 cups roasted corn kernels *1 zucchini, chopped *1 bay leaf *1/2 tsp. thyme *pinch of cayenne pepper *pinch of nutmeg *salt & pepper to taste
Heat olive oil in a large stockpot or Dutch oven over medium heat. Add garlic, onion & bell pepper & cook, stirring occasionally, until onions become translucent, about 3-4 minutes. Whisk in flour until lightly browned, about 1 minute. Gradually whisk in milk & vegetable broth & cook, whisking constantly, until incorporated, about 1-2 minutes. Stir in red potatoes, corn, zucchini, bay leaf, thyme, cayenne pepper, nutmeg, salt & pepper, to taste. Bring to a boil; reduce heat & simmer until potatoes are tender, about 15-20 minutes. Remove bay leaf. Serve immediately.



Penne with Broccoli & Red Peppers

*4 Tbsp. olive oil *1 1/2 cups onion, chopped *2 cloves garlic, minced *2 red peppers, chopped *1/4 cup almonds *2 tsp. balsamic vinegar *1/2 tsp. salt *pepper *1/8 tsp. cayenne pepper *4 cup broccoli florets *1 lb. penne pasta *1/3 cup parmesan cheese, grated *1 1/2 Tbsp. dried basil
Heat 2 Tbsp. of the olive oil over medium heat in a large skillet. Add the onions & sauté them for about 5 minutes until they soften; stirring occasionally. Lower the heat & add the garlic & red pepper. Continue to cook the vegetables, stirring often for 15 minutes. In a food processor or blender, chop the almonds fine. Add the pepper-onion mixture, the vinegar & the remaining olive oil; blend all to a puree. Add the salt, black pepper & cayenne. Blend briefly to incorporate them. Arrange a vegetable steamer over water in a saucepan. Bring the water to a boil & add the broccoli. Cover the pan & cook the broccoli over medium heat for 5 minutes or a bit longer, until it is tender as you like. Keep it warm. Cook the pasta in a large pot of salted boiling water until it is just tender. Drain the pasta & return it to the pot. Pour the red pepper sauce, the Parmesan cheese, the broccoli & the basil into the pot of penne. Heat the contents over medium heat until the pasta is very hot. Mix well. Add more salt & pepper to taste if necessary. Serve the pasta immediately.



Eating healthy without
the hassle