

Storage Tips

Pears - Store at room temperature until ripe — to hasten ripening, place pears in a paper bag at room temperature. Once ripe, place pears in a plastic bag and refrigerate.

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

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

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.

Sweet Potatoes – Store in the crisper drawer of the refrigerator.

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

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

Sweet Potatoes, Yellow Squash & Couscous

*1 (14 oz.) can whole tomatoes *1 sweet potato
*1 yellow squash *1 Tbsp. olive oil *1 small
onion, coarsely chopped *1 cup water *1/2 tsp.
ground cinnamon *1/2 tsp. turmeric *1/2 tsp.
ground cumin *ground red pepper *1 cup
chickpeas, drained *1 cup couscous
Use fork to break up tomatoes in the can & set
aside. Cut sweet potato in 1" cubes. Peel carrot &
cut diagonally into 1" lengths. Cut squash into
thick slices & set aside.

Heat oil in large saucepan over medium heat for
about 30 seconds. Cook onions until they begin
to brown.

Stir in garlic, then tomatoes, water, cinnamon,
turmeric, cumin, salt & pepper. Add sweet
potatoes. Raise heat & bring to a boil. Reduce
heat to low, cover & cook 15 minutes. Add
squash & chick peas. Cook 15 minutes or until
sweet potatoes are tender. Cook couscous while
vegetables simmer. Fluff couscous & ladle
vegetables & broth over couscous.



Herb Parmesan Sweet Potatoes

*3 large sweet potatoes, peeled & diced into small cubes *3 Tbsp. olive oil *4 Tbsp. Parmesan cheese *2 Tbsp. Italian seasoning *1 tsp. garlic powder *salt & pepper to taste
Preheat oven to 400F. Lightly coat a large baking pan with non-stick cooking spray or line with parchment paper. Set aside.

In a medium bowl, combine the olive oil, Parmesan cheese, Italian seasoning, garlic powder, salt & pepper. Add diced potatoes & toss to coat. Spread potatoes in an even layer onto prepared pan.
Bake for 32-35 minutes, or until lightly browned and crispy. Remove from oven and let cool for 5 minutes. Sprinkle with extra Parmesan cheese if desired. Serve immediately.



Happy Thanksgiving
from
Garden to Doorstep Organics

Broccoli & Yellow Squash

*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 & serve.

Refrigerator Pickles

*1 cup water *1/3 cup vinegar (or apple cider,
white or rice wine) *1/3 cup sugar (optional)
*1-2 tsps. salt *1 1/2 -2 cups sliced cucumbers
*1/2 cup sliced onion *you can add any
additional veggies that you have

In a small bowl add the water, vinegar, sugar
& salt. Stir to combine & until the sugar & salt
have dissolved. Add the cucumber & onion.
Taste & adjust the ingredients to your liking.
All the cucumbers should be covered in the
brine, if you have lots of cucumber or are
making a big batch, make more brine. Let the
mixture rest in the fridge until you are ready
to eat. The flavors develop over time, so an
overnight soak is great.

Thai Cucumber Salad

*1/3 cup rice vinegar *2 Tbsp. sugar *1/2 tsp.
toasted sesame oil *1/4 to 1/2 tsp. red pepper
flakes *1/2 tsp. salt *2 cucumbers *1/3 cup
finely minced onion *1/4 cup chopped
peanuts

In a small bowl, combine the rice vinegar,
sugar, sesame oil, red pepper flakes & salt. Set
the dressing aside to give it time to blend. Peel
& slice the cucumber using your favorite
method. Place the sliced cucumbers in a large
bowl. Chop the peanuts into smaller pieces, if
desired. Slice the green onions. Add the
dressing, peanuts & green onions to the sliced
cucumbers. Stir to combine. Serve
immediately or refrigerate until ready to eat.
Give the salad a brief stir before serving to
redistribute the dressing and flavors.

