

Storage Tips

Apples: Store in the crisper drawer of the refrigerator.

Nectarines: Store nectarines 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 nectarines in a paper bag and store at room temperature, out of direct sunlight. Once ripe, store them in the crisper drawer of the refrigerator.

Cauliflower - Store, stem-side down in a plastic bag in the refrigerator (stem-side down prevents moisture from collecting in the florets & possibly causing the head to spoil).

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

Carrots- remove any of the tops (the green part). 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).

Lettuce: Pat the lettuce dry with a paper towel. Wrap lettuce in a paper towel & store in an airtight plastic contain (you can use a plastic bag too). Store in the refrigerator.

Sweet Corn: Place corn in a zippy bag or container in the fridge to store until you use it.

Zucchini & Carrot Casserole

*1 pound carrots, sliced *2 zucchini, sliced *1/2 cup mayonnaise *2 Tbsp. grated onion *3/4 tsp. horseradish *1/2 tsp. salt *1/2 tsp. pepper *1/2 cup Italian bread crumbs *1/4 cup butter, melted
Preheat the oven to 375 degrees F. Lightly grease a 9x13-inch baking dish. Place carrots into a pot & cover with salted water; bring to a boil. Reduce heat to medium-low & simmer until just tender, about 15 minutes. Strain carrots out of the water with a slotted spoon. Add zucchini slices to the pot & simmer until tender, 2 to 3 minutes. Drain, reserving about 1/4 cup cooking liquid. Stir reserved cooking liquid into mayonnaise, onion, horseradish, salt & pepper in a large bowl. Mix cooked vegetables into mayonnaise mixture until well blended; pour mixture into prepared baking dish. Mix bread crumbs & melted butter in a small bowl; sprinkle over vegetables. Bake in preheated oven until bread crumbs are lightly browned, about 15 minutes.

Carrots & Cauliflower with Curry

*2 tsps. curry powder *1 tsp. cumin *salt & pepper *1/3 cup olive oil *1 head cauliflower, cut into florets *2 carrots, cut into 1 inch chunks *1 red onion, cut into eights *1 tsp. dried parsley
Preheat the oven to 425 degrees F. Whisk together the curry powder, cumin, salt, pepper & olive oil in a medium bowl. Spread the cauliflower, carrots & onion in a single layer on a large baking sheet lined with tin foil. Drizzle with the dressing & toss so it is thoroughly coated. Roast the vegetables in the oven until tender & browned, about 40 minutes, stirring halfway through cooking. Remove to a serving bowl & sprinkle with parsley & a drizzle of olive oil on top. Serve hot or at room temperature.

Smokey Cauliflower

*1 head cauliflower, broken into florets *2 Tbsp. olive oil *1 tsp. smoked paprika *3/4 tsp. salt *2 cloves garlic, minced *1 tsp. dried parsley
Place cauliflower in a large bowl. Combine the oil, paprika & salt. Drizzle over cauliflower; toss to coat. Transfer to a 15x10x1-in. baking pan. Bake, uncovered, at 450° for 10 minutes. Stir in garlic. Bake 10-15 minutes longer or until cauliflower is tender and lightly browned, stirring occasionally. Sprinkle with parsley.

Grilled Spicy Corn

*3 Tbsp. unsalted butter, at room temp. *1/2 tsp. smoked paprika *1/2 tsp. red pepper flakes *salt & pepper *4 ears of corn, shucked
Preheat the grill to medium heat. In a small bowl, mix the butter, paprika, red pepper flakes & salt and pepper to taste. Rub the spiced butter on the corn, coating completely. Wrap each ear of corn in aluminum foil & place on the grill. Cook 20 to 25 minutes, turning several times for even cooking. Carefully remove the foil before serving.

Garden to Doorstep Organics

Grilled Romaine

*3 Romaine lettuce hearts *3 Tbsp. olive oil *1 Tbsp. red wine vinegar (or cider vinegar) *1 tsp. dried mixed herbs (like thyme, rosemary, oregano) *1/4 tsp. salt *pinch of pepper
Chop off the top 1-2 inches of the lettuce head & the brown part of the root end, leaving the root end intact so the leaves stay together. Turn your grill to high. Put the oil, vinegar, herbs, salt & pepper in a small bowl & use a fork to combine. Brush the lettuce all over with the mixture. Grill the lettuce until lightly brown on all sides, turning every minute or two until done. Serve immediately. You can serve them whole or chop them up for a salad.

“There are too many people counting calories

& not enough people counting chemicals”

Unknown