

Garden to Doorstep Organics LLC

Roasted Asparagus with Lemon

*1 lb. asparagus, tough ends trimmed & stems peeled *1/8 cup olive oil *1 clove garlic, minced
*zest of 1 lemon *salt & pepper *1 lemon, cut into 8 wedges (optional) *1 ½ Tbsp. grated Parmesan cheese (optional)

Position a rack in the upper third of an oven & preheat to 450°F. Arrange the asparagus on a baking sheet. In a small bowl, whisk together the olive oil, garlic & lemon zest. Brush the asparagus evenly with the oil, turning the spears to coat well & season generously with salt & pepper. Arrange the lemon wedges around the asparagus. Sprinkle with Parmesan cheese. Roast until the asparagus is tender & just turning golden, 6 to 8 minutes. Transfer the asparagus to a warmed serving platter & drizzle with the pan juices.

Seasoned Yukon Gold Wedges

*1 ½ lbs. Yukon gold potatoes, cut into wedges *1 Tbsp. olive oil *1/4 cup dried bread crumbs *1 ½ tsp. paprika *3/4 tsp. salt *1/4 tsp. dried oregano *1/4 dried thyme *1/4 tsp. ground cumin *1/8 tsp. pepper *1/8 tsp. cayenne pepper

In a large bowl, toss potatoes with oil. Combine the remaining ingredients; sprinkle over potatoes & toss to coat. Arrange potatoes in a single layer in a 15-in. x 10-in. x 1-in. baking pan coated with cooking spray. Bake, uncovered, at 425° for 40-45 minutes or until tender, stirring once.

"Hey farmer, farmer, put away that DDT now. Give me spots on my apples but leave me the birds & the bees, please. Don't it always seem to go; that you don't know what you've got till it's gone..."

Song lyrics: Big Yellow Taxi

Mushrooms

Research shows that mushrooms contain anti-inflammatory, antibacterial, antiviral &

immune-enhancing properties. In a recent study, women who ate at least 10 grams of fresh mushrooms each day (which equals about 1 button mushroom per day) had a 64% decreased risk of breast cancer. If you are not fond of mushrooms, here is a great trick we use at our house. Toss some in a food processor until finely chopped & sauté them with onions or garlic as the base of any dish. They cook down & almost melt right in.

Green Beans with Mushrooms and Garlic

*green beans *mushrooms, sliced *2-3 cloves garlic, minced *4 tsp. butter *1/2 tsp. salt *1/2 tsp. onion powder *1/4 tsp. pepper

Place beans in a large saucepan & cover with water; bring to a boil. Reduce heat; cover & simmer for 8-10 minutes or until crisp-tender. Meanwhile, in a large skillet, sauté mushrooms & garlic in butter until tender. Drain beans; add to skillet. Stir in the salt, onion powder & pepper; heat through.

Pasta with Mushrooms

*1 (8 oz.) pkg. whole wheat penne *1/4 cup olive oil *2 cloves garlic *1 pkg. mushrooms, sliced
*salt & pepper *1 Tbsp. butter *1/2 tsp. parsley *1/4 grated Parmesan cheese

Cook pasta per pkg. instructions. Heat the oil in a large skillet over medium heat & cook the garlic & mushrooms until tender. Add the butter & salt & pepper. In a large bowl, toss the pasta & mushroom mixture. Sprinkle with Parmesan cheese & parsley to serve.

Effects of Pesticides

If it has the suffix –cide in it, then you know it is meant to kill something. Pesticides are designed to kill insects, fungus, bacteria & other things that feed on crops. Farming is big business & some farming companies are bottom line driven & want to make money at any cost. Pesticides help them get the crop they want, but at what cost to the environment or the consumers? Seven of the most toxic chemical compounds known are approved for use as pesticides in the production of food. The decline of the bee population is a great example of the effects on the environment. Pesticides have killed scores of bees, butterflies & other pollinators that are necessary in perpetuating plant cycles. More than 25% of the bee colonies died in 2006/2007. This translates to tens of thousands of bees. It is estimated this will have a negative impact on the agricultural community to the tune of \$8-\$12 billion. When it comes to the effects on humans, these pesticides are carried on the wind, they leave residue in and on produce & they run off into open water, contaminating public water supplies. Children seem to be greatly susceptible to the effects of pesticides. Exposure to chemicals is linked to higher incidence of childhood leukemia, brain cancer & birth defects. They are also linked to behavioral problems, ADHD, early puberty, lower cognitive scores & a greater risk (70% increase) for Parkinson's disease, even with low levels of pesticides.

Source: Global Healing Center

gardentodoorstoporganics.com

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Please don't forget to tell a friend about us. You will receive \$10 after your friend orders their second box. Just have them mention your name in the comment box when they order.

We promote a greener earth and ask that you put out last week's box and bag on the day of delivery so we can reuse them.

Thank you for your order.

Attached is this week's newsletter & here are the items planned for your box:

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.

Mushrooms - Prepackaged mushrooms should stay in the package, but loose mushrooms or those in an open package should be stored in a paper bag or in a damp cloth bag in the refrigerator. Do not place in plastic bag.

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.

Green Beans: Store unwashed green beans in a reusable container or plastic bag in the refrigerator crisper.

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.

Enjoy!