

## *Storage Tips*

Peaches: Store peaches 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 peaches in a paper bag and **store** at room temperature, out of direct sunlight. Once ripe, store them 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.

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).

Tomatoes - Do NOT refrigerate. Keep them at room temperature on the counter away from direct sunlight.

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.

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

Butternut Squash: Store squash in a cool, dry place. Cut squash should be tightly wrapped in plastic wrap and refrigerated.

Sprouts: Store them properly because they are highly perishable. Rinse them under cool water to thoroughly clean them. Dry them in a paper towel & let them air dry for a while. Store them in plastic bags & store them in the crisper drawer of your refrigerator.

### *Pasta with Butternut Squash & Tomatoes*

\*salt & pepper \*3 Tbsp. olive oil \*1/4 cup finely chopped onion \*1 Tbsp. chopped garlic \*1/4 tsp. crushed red pepper flakes (or to taste) \*2 cups chopped tomatoes \*3-4 1/2 cups peeled cubed or shredded butternut squash \*8 ozs. ziti or penne pasta \*parmesan for garnish

Bring a large pot of water to a boil & salt it. Put olive oil in a large skillet over medium heat. Add onion, garlic & pepper flakes & cook for about 1 minute. Add tomatoes & squash & cook with some salt & pepper. When squash is tender, about 10 minutes for shreds, 15 or so for small cubes, cook the pasta until it is tender. Combine the sauce & pasta & serve. Garnished with Parmesan.

### *Parmesan & Balsamic Roasted Cauliflower*

\*1 head cauliflower, cut into 1" thick slices \*2 Tbsp. olive oil \*1 tsp. dried marjoram \*1/4 tsp. salt \*pepper to taste \*2 Tbsp. balsamic vinegar \*1/2 cup finely shredded Parmesan cheese

Preheat oven to 450°F. Toss cauliflower, oil, marjoram, salt & pepper in a large bowl. Spread on a large rimmed baking sheet & roast until starting to soften & brown on the bottom, 15 to 20 minutes. Toss the cauliflower with vinegar & sprinkle with cheese. Return to the oven & roast until the cheese is melted & any moisture has evaporated, 5 to 10 minutes more. Tip: To prepare florets from a whole head of cauliflower, remove outer leaves. Slice off the thick stem. With the head upside down and holding a knife at a 45° angle, slice into the smaller stems with a circular motion—removing a “plug” from the center of the head. Break or cut florets into the desired size.

### *Peach Vinaigrette Salad Dressing*

\*1 peach \*3 Tbsp. olive oil \*3 Tbsp. red wine (or sherry vinegar) \*1/2 tsp. salt \*(optional) 1/4 tsp. cayenne pepper

Pit & peel the peach. Cut the peeled peach into chunks & place them in a blender with the olive oil, vinegar, salt & cayenne (optional). Whirl until utterly smooth. (Dressing can be kept, covered & chilled for a few days in the fridge).

### *Baked Portobello Mushrooms*

\*2 Portobello mushrooms \*2 Tbsp. soy sauce \*1 Tbsp. balsamic vinegar \*1/2 tsp. minced garlic \*1/4 tsp. minced or grated ginger root \*1/2 tsp. olive oil Preheat oven to 400 degrees F. Find a baking dish that will fit both mushroom caps. Add all other ingredients & stir to create marinade. Add mushrooms & rub sauce onto them. Let sit for 15 minutes, stem side down. Once 15 minutes is up, rub mushrooms again with sauce before placing dish in the oven. Bake for 15 minutes. Remove & turn mushrooms over. If there is any sauce left in the pan, spoon it over the mushrooms. Continue baking another 15 minutes. Remove & let sit for 5 minutes before slicing & serving.

*Sprouts are packed with nutrients, vitamins & minerals. They are so good for you and so easy to use. You can place them in many dishes you make, on sandwiches or on salads. Check out how great they are. Sprouts are rich in vitamin A, B vitamins, zinc, calcium, magnesium & folic acid. They are also rich in saponin, a compound that lowers bad cholesterol & stimulates the immune system.*

## *Garden to Doorstep Organics*

### *Veggie Bacon, Lettuce, Tomato & Sprouts Sandwich*

\*1 Tbsp. Mayonnaise \*2 slices multi-grain bread, toasted \*2-3 slices veggies bacon, cooked (We use Morning Star Veggie Bacon. It is delicious. Prepare it according to box instructions) \*lettuce leaves \*1 small tomato, sliced \*sprouts  
Spread mayonnaise on both slices of toasted bread. Layer veggie bacon, lettuce, tomato & sprouts. Top with bread & enjoy!