

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.

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

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.

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

Kale - Refrigerate in plastic bag; do not wash until ready to use.

Celery: wrap the celery up tightly in aluminum foil, and place in the refrigerator crisper drawer.

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.

Eat healthy this year with Garden to Doorstep Organics

Braised Kale with Tomato & White Beans

*1 pound dried navy beans *2 large cloves of garlic *1 ½ tsp. dried oregano
*scant ¼ tsp. red pepper flakes *1 bay leaf *1 pint grape tomatoes,
chopped *1 ½ tsp. salt *1 ½ Tbsp. olive oil *2 cups finely chopped kale,
thick stems removed

Cover the beans with one inch of water, cover with a lid & let rest 8 hours
or overnight. Drain the water & rinse the beans. Add the beans back to
the pot & cover with another inch of water. Bring to a boil, reduce heat to
simmer, cover the pot & cook until the beans become tender, about 1 1/2-
2 hours. There should still be about 1/4" of water covering the beans. If
not, add more water until they're just barely covered. Stir in the diced
garlic, oregano, red pepper flakes, bay leaf & tomatoes. Braise for 10-15
minutes, until the flavors start to meld. Add the olive oil & kale. Stir to
combine & braise another 5 minutes or so, just until the kale is tender.
Serve with parmesan cheese.

Mexican Style Stuffed Peppers

*1/2 Tbsp. salt *2 pepper, tops, seeds & membranes removed *1/2 Tbsp. olive oil *1/4 cup chopped onion *1 cup cooked rice *1/2 (15 oz.) can
black beans, drained & rinsed *1/2 pint grape tomatoes, diced *1/2 tsp. chili powder *1/2 tsp. garlic salt *1/4 tsp. ground cumin *1/4 tsp. salt
*1/2 pkg. shredded Mexican cheese

Preheat oven to 350 degrees F. Bring a large pot of water & 1 Tbsp. salt to a boil; cook bell peppers in the boiling water until slightly softened, 3
to 4 minutes. Drain. Heat olive oil in a skillet over medium heat; cook & stir onion in the hot oil until softened & transparent, 5 to 10 minutes.
Mix rice, black beans, tomatoes & cooked onion in a large bowl. Add chili powder, garlic salt, cumin, 1/2 teaspoon salt; stir until evenly mixed.
Fold 1 1/2 cups Mexican cheese into rice mixture. Spoon rice mixture into each bell pepper; arrange peppers in 9x9-inch baking dish. Sprinkle
peppers with remaining Mexican cheese. Bake in the preheated oven until cheese is melted & bubbling, about 30 minutes.

Pepper Pasta Toss with Kale

*1 pkg. uncooked bow tie pasta *1 Tbsp. olive oil *2 medium peppers, chopped *1 cup roughly
chopped kale *4 cloves garlic, chopped *1 pinch dried basil *1 pinch ground cayenne pepper *salt &
pepper *8 ozs. feta cheese, crumbled

Bring a large pot of lightly salted water to a boil. Add pasta & cook for 8 to 10 minutes or until al
dente; drain.

Heat oil in a skillet over medium heat. Stir in peppers, kale & garlic. Season with basil, cayenne
pepper, salt & black pepper. Cook until vegetables are tender. In a large bowl, toss cooked pasta with
skillet mixture. Sprinkle with feta cheese to serve.

Delicious & Simple Salad Dressing

*1 whole clove of garlic, peeled *1/4 cup balsamic vinegar *1/2
cup olive oil *1 tsp. honey *1/4 tsp. salt *1/8 tsp. pepper
Smash the garlic clove with the back of a knife. Add garlic to the
other ingredients in a jar or other airtight container. Cover, shake
well & serve. Store in the refrigerator for up to 1 week.

Creamy Egg Noodle & Celery Soup

*4 cups vegetable broth *1 pound celery (stalks, leaves &
everything), chopped *1 medium onion, chopped *1 clove garlic
*1/3 cup flour *1 tsp. salt *1/4 tsp. pepper *2 cups warm soy or
almond milk *3 cups cooked egg noodles
Add broth to large pot & bring to a boil. Add celery, onion & garlic.
Cook on low boil for 25 minutes. While vegetables are cooking
whisk together flour, salt, pepper & milk in small bowl. Set aside.
When vegetables are done cooking, use an immersion blender to
puree. Careful, this is very hot. Do this for a few minutes until it's
completely creamy & there are no chunks left. Add milk mixture to
pot & heat on medium heat for 5 minutes, mixing occasionally.
Add cooked egg noodles to pot and stir. Serve in bowls. Enjoy!

We are always hearing from our customers how the organic produce in their boxes tastes so much better than the conventional produce they had been eating. They haven't had an orange, or an apple or a carrot that tasted this good! Not only is the lack of chemicals covering your produce better for your health & the environment, but it is also much more pleasing for your taste buds. Organic fruits & veggies just taste better. But this is not just opinion, it is also science. According to scientist Harold McGee, since they aren't protected by pesticides, organic fruits and vegetables are under constant attack from bugs and blights of all kinds. This sounds like a bad thing, but actually it is not. He says that when plants are under attack, they begin to ramp up production of their chemical defenses. This can mean releasing an aroma that attracts counter-attacking bugs. For us, these "defenses" translate directly into flavor and aroma. Because they're not protected by pesticides, organic plants that suffer from insect attack can accumulate higher level of flavor chemicals and other protective molecules, including antioxidants. To put it plainly: more fight = heartier plants = more flavor and nutrition.

Source: thekitchen.com