

Pepper, Cucumber & Onion Salad

*3 cups thinly sliced cucumbers *3/4 cup chopped onions *1 1/2 cup chopped peppers *1/2 cup cider vinegar *2 Tbsp. sugar

In a large serving bowl, combine the cucumbers, onion & peppers. In a small bowl, whisk vinegar & sugar. Pour over vegetables; toss to coat. Chill until serving. Serve with a slotted spoon.

Stuffed Peppers with Mushrooms & Rice

*2 peppers, cut in half & seeded * 1/2 cup mushrooms, diced *1/2 onion, diced *2 cloves garlic, grated *1/2 cup cooked rice *salt & pepper to taste *olive oil *1/2 tsp. oregano *1/2 tsp. Italian seasoning *1/2 jar tomato sauce

In a large pan, heat up one Tbsp. olive oil. Sauté the onion & garlic for a few minutes. Add the peppers & the mushrooms. Cook for about 10 minutes & add the spices. When the vegetables are ready, combine with the cooked rice & adjust seasoning if needed. Preheat the oven to 400°F. Pour the tomato sauce into a large baking dish. Stuff the peppers with the rice mixture & bake for about 30 to 35 minutes.

Pineapple Salsa

*1 cup chopped pineapple *1/2 cup chopped peppers *1/2 cup chopped onion *1 Tbsp. dried cilantro * crushed red pepper flakes, cayenne or the fresh jalapeño pepper (chopped) to taste for heat *1/2 tsp. salt *1 Tbsp. lime juice *1 Tbsp. rice vinegar

In medium bowl, mix all ingredients. Serve immediately, or refrigerate until ready to serve.

“Autumn is a second spring, when every leaf is a flower.”

Albert Camus

Chickpea & Carrot Salad

*3 Tbsp. olive oil *2 Tbsp. fresh lime juice *1 clove garlic, finely chopped *1 tsp. ground cumin *1/4 tsp. salt & pepper to taste *2 cups shredded carrots *1 (14 oz.) can chickpeas (garbanzo beans), drained & rinsed *1 Tbsp. dried parsley *2 Tbsp. chopped onion

Whisk olive oil, lemon juice, garlic, cumin, salt & black pepper together in a bowl until dressing is smooth; add carrots, chickpeas, parsley & onion & toss to coat.

Garlicky Onion & Mushroom Toast

*1/4 cup plus 2 Tbsp. olive oil *four 3/4" thick slices of country bread *1 small onion, chopped *3 cloves garlic, thinly sliced *1/4 pound mushrooms, sliced 1/4 inch thick *salt & pepper *1/4 cup dry white wine *1 Tbsp. dried parsley *1/4 tsp. dried thyme

In a large cast-iron skillet, heat 2 Tbsp. of the olive oil. Add the bread & toast over moderately high heat, turning once, until golden & crisp on both sides, 3 minutes. Transfer the toasts to a platter. Add 2 Tbsp. of the olive oil to the skillet along with the onion & garlic & cook over moderately high heat, stirring, until golden, about 2 minutes. Add the remaining 2 Tbsp. of olive oil & the mushrooms & season with salt & pepper. Cook, stirring frequently, until the mushrooms are well browned, 7 to 8 minutes. Stir in the wine & cook until evaporated, 1 minute. Stir in the parsley & thyme. Top the toasts with the mushrooms & serve.

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Storage Tips

Pineapple: A pineapple can be stored whole in a plastic bag in the fridge for a few days. If you will not use it for 3 or more days, you should cut it into chunks and store it in an airtight container in the fridge. (You can also freeze it. Cut it into chunks, place chunks on a cookie sheet & place in freezer. Once frozen, put chunks into airtight container & freeze. Freezing first on a cookie sheet helps prevent the chunks from sticking together).

Apples: Store in the crisper drawer of the refrigerator (If you do not eat them up first!).

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

Carrots - remove any of the tops (the green part). Make sure the roots are dry & unwashed. Place them in 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). Carrot greens are edible & good for you. They can be chopped up and added to soups, stews or casseroles.

Onions - Store in a dark, cool, well-ventilated area. Punch holes in a paper bag (if you have a hole punch, that works great). Place onions in the bags and paperclip them closed. Store in a basement or any other darker, cooler place. Do not refrigerate them.

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.