

## *Storage Tips*

Apples - Place them in the crisper drawer in a plastic bag with holes in it or cover the apples with a damp paper towel.

Avocados - You can tell if an avocado is ripe by giving it a gentle squeeze — if it yields to that light pressure, it's ready to use. If your avocados are ripe, place them in a plastic bag in the refrigerator. If they are not ripe, place them in a brown bag at room temperature until ripe, then store in a plastic bag in the refrigerator.

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.

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.

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

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

Zucchini: Store in the crisper drawer of your refrigerator. Wash just before use.

## *Garden to Doorstep Organics*

### **Mexican Zucchini Burrito Boats**

\*2 zucchini \*1/2 (15 oz.) can black beans, drained & rinsed \*1/2 cup cooked brown rice \*1/2 cup salsa \*2-3 mini peppers, cored & diced \*1/4 red onion, diced \*1/4 cup corn kernels \*1/2 Tbsp. olive oil \*1 tsp. cumin \*1/2 tsp. chili powder \*salt to taste \*1/2 cup shredded cheddar/Monterey jack cheese  
Grease a 9 x 13" casserole dish then set aside. Slice each zucchini in half lengthwise. Using a melon baller or metal teaspoon, hollow out the center of each zucchini. Lightly brush the tops with one teaspoon of olive oil then place them skin side down in the casserole dish. Warm the Tbsp. of olive oil in a large skillet over medium heat. Add the onion & the peppers & cook for 2-3 minutes. Then add the rice, corn & beans along with the salsa, chili powder & cumin. Stir everything together & continue to cook for about 5 minutes then remove the skillet from the heat & set aside. Preheat the oven to 400°F, stir in 1/4 cup of the cilantro & salt to taste to the filling. Spoon the filling inside of each zucchini until they are all full. Sprinkle each one with cheese then arrange them in the dish & cover with foil. Bake in the oven for 25 minutes then remove the foil & set the oven to broil. Cook them for 5 more minutes, until the cheese is bubbly & golden brown. Allow them to cool for 5-10 minutes & serve. Store leftovers in an airtight container for up to 3 days.

### **Guacamole**

\*2 Avocados \*1 1/2 Tbsp. lemon juice \*4 dashes hot pepper sauce \*1/4 cup diced red onion \*1/2 clove garlic, minced \*1/2 tsp. salt \*1/2 tsp. pepper  
Cut the avocados in half, remove the pits & scoop the flesh out of their shells into a large bowl. Immediately add the lemon juice, hot pepper sauce, onion, garlic, salt & pepper. Toss well. Using a sharp knife, slice through the avocados in the bowl until they are finely diced. Mix well & taste for salt & pepper.

### **Warm Balsamic Kale Salad**

\*2 Tbsp. olive oil \*1/4 cup diced red onion \*6-8 mini peppers, diced \*4 cups kale \*1 tsp. garlic, minced \*1 Tbsp. balsamic vinegar \*1/4 cup Asiago or Parmesan cheese \*salt & pepper to taste  
In a large skillet over medium heat, heat olive oil. Add the onions & peppers; sauté for several minutes until softened. Add the kale, garlic, & balsamic vinegar. Sauté until the kale is deep green but not yet wilted. Remove from heat & serve topped with Asiago or Parmesan cheese. Season with salt & pepper to taste.

### **Pasta & Pepper**

\*2 1/2 cups uncooked penne pasta \*3/4 cup chopped red onion \*1 Tbsp. olive oil \*3 cloves garlic, minced \*1 1/2 - 2 cups chopped peppers \*1/4 cup sliced ripe olives \*1 tsp. dried oregano \*1/4 tsp. salt \*1/8 tsp. cayenne pepper \*1/4 cup water \*1/2 cup crumbled feta cheese  
Cook pasta according to package directions. In a nonstick skillet, sauté onion in oil for 1-1/2 minutes. Add garlic; cook 30 seconds longer. Add the sweet peppers; cook & stir for 2-3 minutes or until vegetables are tender. Stir in the olives, oregano, salt & cayenne. Add water; cook & stir until mixture comes to a boil. Drain pasta & stir into skillet. Remove from the heat. Stir in cheese. Serve immediately

### **Avocado Cucumber Salad**

\*2 avocados, cubed \*2 Tbsp. lemon juice \*1 cucumber, diced \*2 Tbsp. diced red onion \*1 Tbsp. dried dill  
DRESSING: \*1 Tbsp. sugar \*1 1/2 Tbsp. red wine vinegar \*1/4 cup olive oil \*salt & pepper to taste  
Gently mix together avocado & lemon juice in a medium bowl. Add all remaining ingredients & gently toss to combine. Refrigerate 20 minutes before serving.

*“If organic farming is  
the natural way,  
shouldn’t organic  
produce just be called  
'produce' and make the  
pesticide-laden stuff  
take the burden of an  
adjective?”*

Ymber Delecto