

## 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.

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.

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.

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.

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.

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

## Roasted Beet Hummus

\*1 small roasted beet \*1 (15 oz.) can chickpeas (mostly drained)  
\*1 large lemon, zested \*1/2 large lemon, juiced \*1 pinch of salt  
& pepper \*2 cloves garlic, minced \*2 heaping Tbsp. tahini \*1/4  
cup olive oil

Preheat oven to 375 degrees F, remove the stem & most of the  
root from your beets & scrub & wash them underwater until  
clean. Wrap the beet in foil, drizzle on a bit of olive or avocado  
oil, wrap tightly & roast for one hour or until a knife inserted  
falls out without resistance. They should be tender. Set in the  
fridge (in a bowl to catch juice) to cool to room temperature.

Once your beet is cooled & peeled, quarter it & place it in your  
food processor. Blend until only small bits remain. Add  
remaining ingredients except for olive oil & blend until smooth.  
Drizzle in olive oil as the hummus is mixing.

Taste & adjust seasonings as needed, adding more salt, lemon  
juice, or olive oil if needed. If it's too thick, add a bit of water.  
Will keep in the fridge for up to a week.



## Stuffed Portobello Mushrooms

\*1 1/2 Tbsp. olive oil \*1 clove garlic, minced  
\*1/4 tsp. salt \*1/4 tsp. pepper \*2 port cap  
mushrooms (gills removed) \*1/2 cup halved  
grape tomatoes \*1/4 cup mozzarella pearls,  
drained & patted dry \*1 Tbsp. dried basil \*1  
tsp. balsamic vinegar

Preheat oven to 400°F. Combine 1 Tbsp. olive  
oil, garlic, 1/8 tsp. salt and 1/8 tsp. pepper in a  
small bowl. Using a silicone brush, coat  
mushrooms all over with the oil mixture. Place  
on a large rimmed baking sheet & bake until  
the mushrooms are mostly soft, about 10  
minutes. Meanwhile, stir tomatoes,  
mozzarella, basil & the remaining 1/8 tsp. salt,  
1/4 tsp. pepper and 1/2 Tbsp. oil together in a  
medium bowl. Once the mushrooms have  
softened, remove from the oven and fill with  
the tomato mixture. Bake until the cheese is  
fully melted & the tomatoes have wilted, about  
12 to 15 minutes more. Drizzle each mushroom  
with 1/2 teaspoon vinegar & serve.



## Roasted Parmesan Garlic Cauliflower –Yum

\*1/2 cup melted butter \*2 cloves garlic, minced \*1 cup Italian or plain breadcrumbs \*1/2 cup grated  
parmesan cheese \*1/4 tsp. salt \*1/4 tsp. pepper \*1 medium cauliflower head

Preheat oven to 400 degrees F. Line a large baking sheet with parchment paper. Set aside. Remove all leaves  
from cauliflower head. Cut cauliflower into florets, all roughly the same size. You can slice the large florets in  
half, if needed. Melt butter in a small bowl. Add garlic & stir in.

Place breadcrumbs, salt, pepper & Parmesan cheese in another bowl.

Dip each cauliflower piece into butter first, then to breadcrumbs.

Place each breaded piece on prepared baking sheet. Repeat until you use up all cauliflower. Roast  
cauliflower for 35 to 32 minutes, or until the breading is golden brown.



## Tomatoes & Roasted Potatoes

\*1 1/2 pounds potatoes, cut  
lengthwise into eighths \*2  
Tbsp. olive oil \*1 pint grape  
tomatoes \*1/2 tsp. rosemary  
\*3 smashed garlic cloves \*salt  
& pepper

Put a baking sheet in the oven  
and preheat to 450 degrees F.  
Cut 1 1/2 pounds large red-  
skinned potatoes lengthwise  
into eighths. Toss with 2  
tablespoons olive oil, 1 pint  
cherry tomatoes, 3 sprigs  
rosemary, 3 smashed garlic  
cloves, and salt and pepper.  
Put cut-side down on the hot  
baking sheet and roast 15  
minutes. Flip the mixture and  
roast 10 more minutes.



## Delicious Beets

\*3/4 cup sugar \*2 tsp.  
cornstarch \*1/3 cup vinegar  
\*1/3 cup water \*1 tsp. ground  
mustard \*1 tsp. onion powder  
\*4 cups cooked, sliced beets \*3  
Tbsp. butter \*1/4 tsp. salt  
\*dash of pepper

In saucepan, combine the  
sugar & cornstarch. Add  
vinegar & water; bring to a  
boil. Add all remaining  
ingredients; reduce heat to  
simmer. Heat through.