

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 sheets helps prevent the chunks from sticking together).

Kiwi: Store kiwifruit at room temperature to hasten ripening. Kiwifruits taste sweeter when softer! Ripe kiwifruit are then best stored in the refrigerator.

Carrots & 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).

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.

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.

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

*"Autumn paints
in colors that
summer has
never seen"*

Baked Rosemary Beet Chips

*2-3 beets, rinsed & scrubbed *olive oil *pinch of salt & pepper *1/2 tsp. dried rosemary
Preheat oven to 375 degrees F & place oven rack in the center of the oven. Thinly slice beets with a mandolin (or a sharp knife), getting them as consistently thin as possible. They should curl a little when cut. This will ensure even baking & crispiness. Divide between two baking sheets & spray or very lightly drizzle with olive oil. Add a pinch of salt, pepper & the rosemary. Toss to coat. Then arrange in a single layer, making sure the slices aren't touching. Bake for 15-20 minutes or until crispy & slightly brown. Be sure to watch closely past the 15 minute mark as they can burn quickly. Remove from oven. Let cool. Then serve.

Vegetarian Shepherd's Pie

*2 Yukon gold potatoes, peeled *1 whole garlic clove *1 cup dry brown lentils *1 bay leaf *2 Tbsp. olive oil *1 onion, diced *1 cup diced carrots *1 cup diced celery *2 garlic cloves, crushed *1 cup frozen peas *1 cup corn *1 Tbsp. dried parsley *2 tsp. Worcestershire or tamari sauce *3/4 tsp. dried oregano *pinch of cayenne pepper *1/2 cup soy milk *3 Tbsp. butter (or butter substitute) *salt & pepper *nonstick cooking spray
Preheat oven to 375 degrees F. Place the peeled potatoes in a pot along with one whole peeled garlic clove. Cover the potatoes with plenty of water. Bring to a boil on the stovetop, then reduce heat to medium to the potatoes continue to simmer. Let the potatoes cook for 25-30 minutes till fork tender. Meanwhile, rinse & sort the lentils. Pour the lentils into a pot along with a bay leaf. Cover with 2 cups of water & bring to a boil. Reduce heat to a simmer & let the lentils cook for 15-20 minutes till just tender-- keep a close watch on them and don't overcook, or they'll become soft/mushy. Remove from heat as soon as they're cooked. If there is any excess water, drain it. As potatoes & lentils are cooking, heat olive oil in a skillet over medium heat. Add diced onion to the skillet & sauté for 5-6 minutes till softened. Add the diced carrots & celery. Continue to sauté for 5-6 more minutes till the vegetables are tender-crisp. Add crushed garlic, peas, corn, 3 Tbsp. of the chopped parsley, Worcestershire or tamari sauce, oregano, & cayenne pepper to the skillet. Stir & sauté for 3-4 minutes more till the vegetables are tender and fragrant. Stir the skillet vegetable mixture into the cooked, drained lentils. Season the mixture with salt & pepper to taste. Drain the cooked potatoes; reserve the whole garlic clove that cooked with them. Mash the potatoes & softened garlic clove with milk and butter (or vegan milk and butter substitutes) till smooth and creamy. Season with salt & pepper to taste. Lightly grease a 2 quart baking dish with cooking spray. Spread the lentil & vegetable mixture in an even layer across the bottom of the dish. Spread the mashed potatoes on top of the vegetable mixture, using a spoon or fork to add texture to the top of the potatoes for browning. Top with cheddar cheese. Place the dish in the oven & let it bake for about 30 minutes till the tips of the potatoes turn golden brown. Increase heat at the end of cooking for more browning, if desired. Sprinkle the remaining 1 Tbsp. of chopped parsley on top of the pie to garnish. Serve hot.

Balsamic Roasted Beets

*3 beets *1/2 tsp. salt *1 Tbsp. olive oil *1/4 cup balsamic vinegar *1/2 Tbsp. maple syrup *pepper
Preheat the oven to 400 degrees. Line a baking sheet with aluminum foil. Remove the leafy stems & roots of the beets & peel each one with a vegetable peeler. Cut the beets in 1 1/2-inch chunks. Place the cut beets on the prepared baking sheet & toss with the olive oil and salt. Roast for 35 to 40 minutes, tossing once with a spatula midway through, until the beets are tender when pierced with a thin-bladed knife. Meanwhile, combine the vinegar & maple syrup in a small, shallow sauté pan. Cook over medium heat until the liquid is just slightly thickened & lightly coats the back of a metal spoon. It should be reduced by about half. Pay close attention & be sure not to over-reduce it; it goes from sweet & syrupy to burnt & hard very quickly. Toss the glaze with the roasted beets. Serve hot or cold.

Wild Rice & Mushroom Soup

*1 Tbsp. olive oil *1 yellow onion, diced *4 stalks celery, diced *mushrooms, chopped *6 cups veggie broth *1 cup wild rice *1 1/2 tsp. dried thyme *1 tsp. salt *1/4 tsp. pepper *1 Tbsp. red wine vinegar
Add olive oil to a large pot on medium-high heat. Add onions & sauté until translucent (about 5 mins). Add celery & cook for another minute before adding mushrooms. Let mushrooms cook for about 10 mins or until they've reduced in size. They will appear as if they are "sweating". Add vegetable broth, wild rice, thyme, sea salt & pepper & bring to a boil. Lower heat to a simmer & cover. Let simmer for 30 minutes or until rice is fully cooked (time will depend on the type of wild rice you use so you may need a bit longer than this). Remove top, add vinegar & simmer for another 10 minutes. Serve warm.

Garden to Doorstep
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