

Happy Halloween from Garden to Doorstep Organics

Roasted Lemon Garlic Broccoli

*2 heads broccoli, broken into florets *2 tsp. olive oil *1 tsp. salt *1/2 tsp. pepper *1 clove garlic *1/2 tsp. lemon juice
Preheat the oven to 400 degrees F. In a large bowl, toss broccoli florets with the extra virgin olive oil, salt, pepper & garlic. Spread the broccoli out in an even layer on a baking sheet. Bake in the preheated oven until florets are tender enough to pierce the stems with a fork, 15 to 20 minutes. Remove & transfer to a serving platter. Squeeze lemon juice liberally over the broccoli before serving for a refreshing, tangy finish.

Oven Fried Parmesan Garlic Green Beans

*2 Tbsp. olive oil *2 tsp. minced garlic *1 egg beaten *1/2 tsp. garlic salt *12 ozs. green beans *1/3 cup grated parmesan cheese
Preheat oven to 425 degrees. In a large bowl whisk the oil, garlic, egg & salt together. Toss in the green beans & coat well. Sprinkle Parmesan on the green beans & toss gently. Place evenly on a greased baking sheet. Bake for 12-15 minutes or until golden. To crisp, heat for a minute or two under broiler.

Slow Cooker Wild Rice & Sweet Potato Soup

*1 Tbsp. olive oil *1 onion, chipped *3 sweet potatoes, peeled & diced *4 ozs. canned green chiles *32 oz. can veggie broth *15 ozs. pinto beans, drained & rinses *1/2 cup short grain brown rice *1/4 cup wild rice *1 1/2 Tbsp. cumin *1 tsp. garlic powder *1 tsp. onion powder *1 1/2 tsp. salt *1/2 tsp. pepper *2 tsp. sugar
Put the olive oil & the diced onions in the bottom of the slow cooker. Turn it to high & let the onions warm in the oil for about five minutes. Add all of the other ingredients EXCEPT the pinto beans, salt & pepper. Make sure all of the rice is covered with liquid. Cover and cook on high for three hours. After three hours, remove the lid and the beans, salt & pepper. Stir. If it looks like it needs a little more liquid, add some room temperature water & stir. Cover again & cook for another hour. Add more salt & pepper if needed. Serve with cornbread. Add beans one hour before end. Add more liquid if needed.

*"There are nights when the
wolves are silent & only the
moon howls"*

George Carlin



Sautéed Radishes

*1/2 Tbsp. butter *radishes, ends trimmed & radishes cut in half *salt & pepper to taste
Heat butter in a skillet over low heat; arrange radishes, cut side-down, in the melted butter. Season with salt & black pepper. Cook, stirring occasionally, until radishes are browned & softened, about 10 minutes.

Chinese Smashed Cucumbers

*1 large or 2 small cucumbers *3 cloves garlic, mashed *1 Tbsp. black vinegar *1 Tbsp. light soy sauce *1/2 tsp. sugar *1/2 tsp. sesame oil *salt to taste
Wash the cucumber & peel off tough skins.
Remove the two ends & smash with a wide kitchen knife (like Chinese slicing knife) until the cucumber is well crushed. Then cut into one bite pieces. Transfer all cucumber cubes into a bowl. Mix well with mashed garlic & other sauces. Serve immediately.

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.

Watermelon: A ripe watermelon will have a yellowish-white resting spot, opposed to a white or pale green spot (where the melon rested on the ground). If it is not yet ripe, give it a few days. Also, a soft “give” when you press the blossom end of the melon (opposite the stem end), indicated ripeness. Store watermelon in the refrigerator & once cut, be sure to wrap in plastic or foil & store in refrigerator.

Broccoli - To store, mist the unwashed heads, wrap loosely in damp paper towels, and refrigerate. You can also store unwashed broccoli in a plastic bag in the refrigerator.

Sweet Potatoes - store at cool room temperature, preferably in a dark place away from light. Do not refrigerate.

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

Green Beans: Store unwashed green beans in a reusable container or plastic bag in the refrigerator crisper.

Radishes: Cut off the greens. Store the unwashed roots in a plastic bag & place in the refrigerator.