

## *Storage Tips*

Honeydew Melons: Whole, ripe honeydew melons can be stored in the refrigerator. Once cut, honeydew should be sealed in an airtight container or wrapped tightly & stored in the refrigerator.

Grapes: Store them unwashed in a plastic bag in the refrigerator. Fresh grapes usually keep well for about 1 to 2 weeks in the fridge. You can also freeze grapes for future snacking or use in cooking.

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.

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.

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.

Carrots: - 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). Carrot greens are edible & good for you. They can be chopped up and added to soups, stews or casseroles.

Eggplant: Punch some holes in a plastic bag. Wrap the eggplant in paper towel & place in a plastic bag. Store in the crisper drawer of the refrigerator.

# Garden to Doorstep Organics

## *Eggplant Roasted Curry*

\*1 eggplant \*1/8 cup olive oil \*salt to taste \*1/4 tsp. pepper \*1/8 cup coconut oil \*1/4 medium white onion, chopped \*1/2 tsp. chili powder \*1 tsp. ground cardamom \*1/2 tsp. smoked paprika \*1/2 tsp. ground coriander \*1/2 tsp. ground turmeric \*1-2 cloves garlic, minced \*1/2 tsp. ginger, peeled & minced \*1 can of diced tomatoes \*6 oz coconut milk \*1/4 cup water \*cooked rice, for serving \*fresh cilantro, chopped, for serving (optional)  
Preheat the oven to 400°F. Slice the tops off the eggplant, then slice it in half lengthwise. Cut in half once more lengthwise. Lay the slices on their flat sides & cut lengthwise into thirds. Finally, slice horizontally to form cubes. Transfer to a baking sheet, drizzle with the olive oil, salt & pepper. Bake for 25 minutes, stirring halfway through, until golden brown. In a large saucepan, heat the coconut oil over high heat. Add the onions, stir for 1 minute, then reduce the heat to medium-low and cook, stirring occasionally, until the onions are golden brown, about 8 minutes. Stir in the chili powder, cardamom & smoked paprika. Cook until fragrant, about 1 minute. Stir in the ground coriander, pepper, turmeric, garlic & ginger. Cook for a few minutes more, stirring constantly. Add the tomatoes, coconut milk, water & the roasted eggplant. Bring the curry to a simmer, then reduce to low heat, cover & simmer for 25 minutes. The sauce should reduce & thicken slightly. Serve the curry warm over rice, topped with chopped cilantro (optional).

## *Twice Baked Eggplant*

\*1 medium eggplant (about 1 1/2 pounds) \*2 Tbsp. olive oil \*1/2 tsp. salt, plus a pinch \*1/4 tsp. black pepper, plus a pinch \*3/4 cup chopped onions \*2 cloves garlic, minced \*2 cups shredded cheddar cheese \*1/2 cup grated parmesan cheese \*1/2 tsp. dried oregano \*2 tsp. dried basil \*1 egg, beaten  
Heat oven to 375 degrees F. Cut stem off eggplant & cut in half lengthwise. Drizzle with 1 Tbsp. olive oil & a pinch of salt & black pepper. Place cut side up on a baking sheet & bake for 15 minutes. Remove from oven to cool. Reduce oven to 350 degrees F. When the eggplant is cool enough to handle, scoop the eggplant out of the shells, taking care not to damage the skin. Cut into cubes. Set aside. Heat 1 Tbsp. olive oil in a large skillet over medium heat. Add the chopped onions & garlic & cook until soft, about 3 minutes. Add the eggplant to the pan & cook 5 minutes. Remove pan from the heat & set aside. In a large bowl, mix together cheddar cheese, parmesan cheese, oregano, basil, a pinch of salt, pepper & egg. Stir in the eggplant/onion mixture. Spoon eggplant mixture into eggplant shells. Transfer to lightly buttered baking dish. Bake for 40 minutes.

## *Eggplant Cacciatore*

\*1 lb. eggplant, sliced into 1/4 inch thick slabs \*3 Tbsp. olive oil \*6 oz. dried penne pasta \*1 lb. cremini mushrooms, cleaned, stemmed & sliced \*1 small onion, sliced \*1 bell pepper, sliced into strips \*3 garlic cloves, minced \*1/2 cup dry white wine \*1 14 oz. can diced tomatoes \*1/2 cup crushed tomatoes \*2 Tbsp. capers \*1 tsp. dry rosemary \*1/2 tsp. dried oregano \*1/2 tsp. red pepper flakes \*salt & pepper to taste  
Preheat oven to 400°. Line a baking sheet with parchment paper. Rub eggplant slabs with about 1 tablespoon of olive oil and arrange on baking sheet. Bake until eggplant slabs are lightly browned and tender, but not falling apart, about 20 minutes. Remove from oven and set aside. While eggplant bakes, bring a large pot of water to a boil. Add pasta and cook according to package directions. Drain into a colander, return to the pot and toss with a bit of olive oil. Set aside. While eggplant bakes and pasta cooks, coat the bottom of a large skillet with 1 tablespoon of olive oil and place over medium heat. Add mushrooms to skillet in an even layer. Cook about 5 minutes on each side, until slightly browned and tender. Remove from skillet and transfer to a plate. Add remaining 1 tablespoon of olive oil to skillet. Add bell onion and bell pepper. Sauté about 5 minutes, until tender. Add garlic and sauté 1 minute more. Add wine and bring to a simmer. Allow to cook until liquid is reduced by about half, 3 to 4 minutes. Add diced tomatoes, crushed tomatoes, capers, rosemary, oregano and red pepper flakes to skillet. Return mushrooms to skillet. Give everything a stir and bring to a simmer. Allow to cook about 5 minutes. Gently stir roasted eggplant into mixture and bring back to a simmer. Allow to cook until all veggies are tender and sauce thickens up just a bit, about 5 minutes more. Remove from heat and season with salt and pepper to taste. Divide pasta among 3 or 4 plates and top with eggplant mixture, serve.

## *Carrot & Pepper Soup*

\*2 bell peppers \*2 Tbsp. olive oil \*1/2 tsp. curry powder \*1 bay leaf \*1 large onion, sliced \*2 large carrots, sliced \*4 garlic cloves, peeled & \*1 tsp. salt \*2 Tbsp. lemon juice  
Preheat oven to 350°F. Place peppers on baking sheet & roast 1 hour, or until skin is wrinkled & blackened all over, turning peppers occasionally with tongs. Transfer to bowl & cover with plastic wrap 10 minutes to steam. When peppers are cool enough to handle, rub off blackened peel & remove seeds. Heat oil in 2-qt saucepan over medium heat. Add curry powder & bay leaf & stir 10 seconds. Add onion, carrots, garlic & salt. Cover, and cook 10 minutes, or until onion is translucent. Add 4 cups water & bring to a boil. Reduce heat to medium-low & simmer, covered, 25 minutes. Transfer carrot mixture to blender, add bell peppers & puree until smooth. Stir in lemon juice. Garnish servings with bell pepper slices, if using.

## *Roasted Mushrooms & Carrots*

\*8-10 oz. carrots \*8 oz. sliced mushrooms \*2 T extra virgin olive oil \*1/2 tsp. dried thyme \*salt & pepper to taste  
Preheat oven to 450F. Cut carrots on diagonal into slices about 1/4 – 3/8 inch thick. Toss carrots with 1 T olive oil, thyme, salt & pepper. Spread carrots on large roasting pan. Roast carrots 15 minutes. While carrots are roasting, wash mushrooms & spin dry or dry with paper towels. Slice mushrooms into even slices, slightly thicker than carrots. Using the same bowl as you tossed the carrots, toss mushrooms with 1 T of olive oil. Remove carrots from oven, stir, add mushrooms & roast 10-15 minutes more.