

## *Storage Tips*

Clementines: Store unwashed in the crisper drawer of your refrigerator.

Mangoes: Store at room temperature until ripe, then refrigerate in plastic bag.

Zucchini - Wrap individually in a paper towels & then place in a plastic bag & store in the crisper drawer of the refrigerator.

Tomatoes - Do NOT refrigerate. Keep them at room temperature on the counter away from direct sunlight.

Red 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.

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.

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

# Garden to Doorstep Organics

## *Herbed Smashed Red Potatoes (Yum!)*

\*8-12 red potatoes \*salt \*black pepper \*olive oil  
\*dried basil leaves \*dried thyme leaves \*dried  
rosemary

In a large stock pot filled halfway with water, bring to boil & liberally salt water. Add red potatoes & boil for 15 minutes, or until they are fork tender. Strain; set aside. Preheat oven to 450 degrees F. Using a baking sheet, drizzle some olive oil onto the sheet & spread around using hand (or paper towel). Line your potatoes up 4 to a row, 3 across, making sure they aren't too close to each other. Using a potato masher or strong fork, press down in the center to smash your potato; repeat for all potatoes. Drizzle olive oil over the tops of the potatoes, then brush around the entire potato. Sprinkle salt, pepper & all herbs over the tops of the potatoes. Place into oven & bake for 20 minutes, or until browned on the top.

## *Roasted Potatoes with Tomatoes & Garlic*

\*2 pounds red potatoes, chopped \*1 ½ cups chopped tomatoes \*1 Tbsp. dried basil \*3 cloves garlic, pressed \*3 Tbsp. olive oil \*1/3 tsp. dried rosemary  
Preheat oven to 400 degrees F. In the prepared baking dish, toss the potatoes, tomatoes, basil & garlic with the olive oil. Sprinkle with the rosemary. Bake 20 to 30 minutes in the preheated oven, turning occasionally, until tender.

## *Tomato & Zucchini Parmesan Gratin*

\*1 zucchini, thinly sliced \*2-3 medium tomatoes, thinly sliced \*1/2 medium onion, chopped \*1 clove garlic, minced \*1/4 cup shredded Parmesan cheese \*salt & pepper to taste

Preheat oven to 350 F. Sauté onions until translucent. Add minced garlic & sauté for 30 seconds. Transfer 1/3 of the mixture to the bottom of a medium round casserole dish. Layer the tomatoes & zucchini in a circle by alternating a layer of 2 zucchini slices & 1 tomato slice until the dish is filled. Top with remaining onion-garlic mixture. Drizzle with olive oil & sprinkle with salt, black pepper, oregano to taste. Top with the shredded Parmesan cheese. Bake the Parmesan zucchini & tomato gratin in a preheated oven for about 35 minutes, or until lightly browned.

## *Mango Salsa*

\*1 large ripe mango \*1 small tomato \*1 tsp. fresh lime juice, or more to taste \*1 tsp. dried cilantro \*salt to taste \*1/4 cup finely minced onion  
Peel & cut mango into small 1/4" to 1/2" pieces. Cut tomato into 1/4" pieces. In large bowl, combine all ingredients together (diced mango, tomato, lime juice, cilantro, salt & onions). Mix well. Use immediately or store in fridge for up to 2 days.

## *Potato Celery Soup*

\*2 cloves garlic (finely chopped) \*1 medium size onion (finely chopped) \*2 Tbsp. olive oil \*6 red potatoes (roughly chopped) \*6 stalks celery (chopped bite size (reserve 2 chopped stalks in a separate bowl)) \*6 cups vegetable broth \*1 1/2 cup 2% milk \*salt & pepper to taste  
Bring a medium pot of water to boil & add potatoes. Boil the potatoes until cooked through. Meanwhile, in a large pot over high heat, add olive oil, garlic & onions. Cook for 2-3 minutes, until onions are translucent. Add 4 chopped celery stalks & cook for another 3 minutes. Add vegetable broth, stir & bring to boil. Cover & simmer on low (should still be slightly bubbling) for 30 minutes. Meanwhile in another small pot, bring a little water to boil (about half full) and add the remaining two celery stalks (chopped). Boil on low for 15 minutes. Drain & set aside. Back to the soup: Turn the heat off, add potatoes to broth & blend until smooth. Add milk & stir well. Turn the heat back on low, add boiled chopped celery, season with salt & pepper & serve topped with a few scallions.

## *Fresh produce is a powerful drug.*

- Are you having skin problems? Eat more onions. Research shows that the sulfur in foods like onions, leeks & scallions help produce molecules that detoxify our skin & make us less prone to acne breakouts.
- It's flu season. Every year, we get a little weaker when it comes to fighting off infections & viruses. Stinky foods like garlic & onions can help bolster your immune system. They're rich in a mineral called selenium that reduces inflammation. And when your blood vessels aren't inflamed, your immune system's more effective at fighting infection. Plus, their sulfur compounds slow the growth of bacteria & kill germs. (Source: Intelligence for your life. Tesh .com)