

Ginger, Carrot & Lentil Soup

*3 large carrots, cut into 1 1/2" pieces *1 onion, peeled & cut in half & then into 1/3" slices *2 Tbsp. grape seed or canola oil *1 1/2 inch ginger root peeled & sliced into matchsticks *1 clove garlic, sliced *1 cup red lentils *4 cups veggie stock *1 Tbsp. lemon juice *S&P Heat oil in pan over med/high heat. Add ginger, let sizzle a few moments & add garlic. Stir until garlic turn a very pale gold. Add onions & sauté until they soften. Add carrots & sauté 5 minutes. Partially cover, stir occasionally & cook veggies for 10-12 minutes. Mix in the lentils & stir constantly for 1 minute. Add stock, turn up heat & bring soup to a boil. Cover, turn down heat & simmer until lentils are soft, about 20-25 minutes. Blend the soup & return it to the pan. If it is too thick, add a little more stock. Add lemon juice & heat gently until soup simmers. Turn off heat, cover & let sit for 5-10 minutes. Top with pepper & yogurt if desired.

Roasted Beets & Carrots

*3 cups cubed beets *2 cups cubed carrots *3 Tbsp. butter *3 cloves garlic, mashed *1/2 tsp. dried rosemary *S&P Preheat oven to 400. Place beets in a large mixing bowl & the carrots in a 9X13 glass baking dish. Place the butter & garlic in a microwave safe bowl. Microwave until the butter has melted. Stir in rosemary. Pour 1/2 the melted butter mixture over the beets & pour 1/2 over the carrots. Generously sprinkle with S&P. Toss each of the root veggies to coat them with the butter mixture. Combine the beets into the baking dish with the carrots. Roast for 55 minutes, stirring halfway through. Serve.

Parmesan Carrot & Potato Bundles

*4 pieces aluminum foil *5-6 potatoes, cut into 1/8" slices *6 carrots, cut into julienne strips *1 pepper, cut into 1" pieces *1 onion, sliced *1/4 cup grated parmesan cheese *2 tsp. garlic powder *1 tsp. salt *1/2 tsp. pepper *1/2 cup butter Heat grill to medium. Place sliced potatoes, 1/2 cup carrots, 1/4 cup pepper & several onion slices on each foil piece. Sprinkle each bundle with 1 Tbsp. parmesan cheese, 1/2 tsp. garlic powder, 1/4 tsp. salt, 1/8 tsp. pepper & 2 Tbsp. butter. Seal each foil bundle. Place on grill for 45-55 minutes, turning after half the time. Open bundles carefully.

Celebrate Earth Day! **Garden to Doorstep Organics**

Scalloped Potatoes & Carrots

*2 lbs. potatoes, peeled & sliced *5 medium carrots, cut into 1/4" slices *1 cup sliced onions *2 cups boiling water *1 tsp. salt CHEESE SAUCE: *3 Tbsp. butter *2 Tbsp. flour *1 tsp. salt *1/8 tsp. pepper *1 1/2 cups milk *1 1/2 cups shredded cheddar cheese In a large Dutch oven, combine potatoes, carrots, onions, water & salt. Bring to boil. Reduce heat, cover & cook for 10 minutes. In a saucepan, melt butter. Remove from heat & stir in flour, salt & pepper until smooth. Constantly stir in milk for 2 minutes & bring to a boil. Stir in 1 cup cheese. Reduce heat & stir until cheese is melted. Drain the veggies & layer half in a greased 13X9 baking dish. Top with 1/2 the cheese sauce. Repeat layers. Sprinkle with remaining cheese. Cover & bake at 375 for 20 min. Uncover & bake 10 min. longer.

Honey-Glazed Carrots with Onions

*carrots, sliced into small sticks *2 Tbsp. butter *1 garlic clove, peeled & quartered *2 Tbsp. honey *S & P *1/4 cup green onions, cut small Boil a large sauce pan of salted water. Add carrots, boil 5-7 minutes & drain. In a large skillet over med heat, melt the butter. Add garlic & stir constantly for 2 minutes. Remove garlic & discard. Stir in honey. Add carrots & S&P. Cook, stirring occasionally for 7-10 minutes, until carrots begin to brown. Pour carrots & juices into serving bowl. Add green onions & toss.

Congratulations on helping to preserve our earth & the environment by choosing to eat organically grown fruits & veggies.

Organic farming reduces plant & animal exposure to synthetic pesticides which harm soil organisms, beneficial insects, plants, birds, frogs, and a host of other animals. This includes pollinators such as butterflies and bees, upon which we rely for our food supply. Organic farming also helps stabilize the climate. Our planet is getting warmer. The 11 hottest years recorded in the last 100 years have all happened since 1995. Global warming occurs when there is an increased concentration of carbon dioxide in the atmosphere. Did you know that conventional farming is a large contributor to global warming? Conventional farming, with its added pesticides and chemicals, releases carbon into the atmosphere when the soil is being degraded with the loss of humus & the killing of soil organisms & the carbon they contain. Organic farming instead holds the carbon in the soil. A 23 year Farming Systems Trial study from the Rodale Institute found that conventional agricultural plots held onto basically no carbon while organic fields can remove about 7000 pounds of carbon dioxide from the air each year & store it in an acre of farmland. If all 434 million acres of American crop land was converted to organic practices, it would be the equivalent of eliminating 217 million cars from the road, or 1 car for every 2 acres of farmland. Organic farming also helps keep groundwater and surface water free of pesticides & chemicals. A major problem with industrial fertilizers is that they create dead zones in the oceans at mouths of rivers where oxygen is depleted and higher life forms, such as seafood species, can't survive. The dead zone at the mouth of the Mississippi River is the size of New Jersey.

Source: The Huffington Post & American Nutrition Association

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"Take care of the land & the land

will take care of you" H. Bennett