

Storage Tips

Grapefruit - Store the whole grapefruit in the crisper drawer of refrigerator until ready to eat.

Bananas - Store in a cool area. Do not refrigerate. Wrap the stems of the bananas with plastic wrap.

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.

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

Spinach: Store spinach wrapped in paper towels – damp or dry – in resealable plastic bag. Keep in the crisper drawer or a shelf of the refrigerator.

Lettuce: Pat the lettuce dry with a paper towel. Wrap lettuce in a paper towel & store in an airtight plastic contain (you can use a plastic bag too). Store in the refrigerator.

Mushroom & Spinach Pasta

*12 ozs. Rotini noodles *1 Tbsp. olive oil *3 cloves garlic, minced *1 cup onion, chopped *1 tsp. dried thyme *2+cups mushrooms, sliced *2 Tbsp. flour *2 cups milk (or soy or almond milk) *2 cups spinach, chopped *2 Tbsp. dried basil *1 tsp. salt *pepper *grated parmesan cheese

In large non-stick pan over med-high heat, cook garlic, onion & thyme in oil for about a minute. Add mushrooms, cook about 8 minutes, stirring often, until the mushrooms begin to brown & their juices begin to run. Sprinkle with flour & stir about one minute, then slowly begin to add the milk & bring to the boil, stirring constantly for about 3 minutes, or until the sauce thickens. Stir in the spinach, basil, salt & pepper & cook until the spinach begins to wilt. Toss sauce with cooked pasta & grate fresh parmesan cheese over individual servings.

This week's box is perfect for a beautiful chemical free salads. Try this delicious dressing.

Balsamic Vinaigrette

*1/2 cup olive oil *1/4 cup balsamic vinegar *1 tsp. honey *1 tsp. Dijon mustard *1/4 cup finely chopped onion *1 clove garlic, minced *salt & pepper to taste
Combine the olive oil, balsamic vinegar, honey, Dijon mustard, onion, garlic, salt & black pepper together in a glass jar with a lid. Replace lid on the jar & shake vigorously until thoroughly combined.

Spinach Salad with warm Maple Dressing

*1 Tbsp. chopped pecans *6 cups spinach *1/2 cucumber, seeded & cut into 1/4 inch slices *1 tsp. olive oil *1/4 cup onion, finely chopped *1/8 cup cider vinegar *1 Tbsp. maple syrup *salt & pepper to taste *1/4 cup shredded smoked cheese, such as Gouda or Cheddar

Toast pecans in a small dry skillet over low heat, stirring often, until fragrant, 2 to 3 minutes. Transfer to a small bowl & let cool. Toss spinach and cucumber in a salad bowl. Heat oil in a small skillet over medium-low heat. Add onions & cook, stirring, until softened, about 4 minutes. Add vinegar & maple syrup & bring to a boil. Season with salt & pepper. Immediately pour the dressing over the spinach & cucumber. Toss well & sprinkle with cheese & toasted pecans.

Couscous Salad with Chickpeas

*2/3 cup veggie broth *1 cup couscous, uncooked *3/4 cup garbanzo beans, drained *1/2 cup diced cucumber *1/4 cup peppers, diced *2 Tbsp. onion, finely diced *3 Tbsp. balsamic vinegar *1 Tbsp. olive oil *1 Tbsp. Dijon mustard *2 Tbsp. lemon juice *1/4 tsp. black pepper *1/2 tsp. lemon pepper

Prepare the couscous. In a medium sized saucepan, bring the vegetable broth to a boil & stir in the couscous. Once the couscous is simmering, remove the pan from the heat, cover & let stand for 5 minutes. Lightly fluff your couscous with a fork. Let your prepared couscous cool for at least 10 minutes. Once your couscous is cooked & slightly cooled, place it in a large bowl. Lightly toss the cooled couscous with the garbanzo beans (chickpeas), cucumber, red pepper & onions. Mix the balsamic vinegar, olive oil, mustard, lemon juice & black pepper in a separate small bowl, or shake together in a mason jar. Add this vinaigrette & lemon dressing to the couscous mixture & gently toss to combine well. Garnish your couscous salad with lemon pepper. Taste & adjust seasonings to taste. You can add a dash of salt, if you think it's needed, but use a light hand so as not to overpower the other flavors. This salad can be prepared in advance & set in the refrigerator to chill. Just be sure to gently toss it again just before serving to mix up the ingredients and the dressing.

Cucumber Salad with Onion & Peppers

*3 cups thinly sliced cucumbers *3/4 cup chopped onions *1 1/2 cups chopped peppers *1/2 cup cider vinegar *2 Tbsp. sugar

In a large serving bowl, combine the cucumbers, onion & peppers. In a small bowl, whisk vinegar & sugar. Pour over vegetables; toss to coat. Chill until serving. Serve with a slotted spoon.

*"If you keep good food in your fridge,
you will eat good food"*

Errick McAdams

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