

Garden to Doorstep Organics

Cauliflower Leek Soup

(Low Carb)

*2 Tbsp. olive oil *3 Tbsp. butter *2 leeks, cut into 1" pieces *1 head cauliflower, chopped *3 cloves garlic, finely chopped *8 cups vegetable broth *salt & pepper to taste *1 cup heavy cream (optional)

Heat the olive oil & butter in a large pot over medium heat & sauté the leeks, cauliflower & garlic for about 10 minutes. Stir in the vegetable broth & bring the mixture to a boil. Reduce heat, cover & simmer 45 minutes. Remove the soup from heat. Blend the soup with an immersion blender or hand mixer. Season with salt & pepper. Mix in the heavy cream & continue blending until smooth.

Braised Leeks with Parmesan

*1 Tbsp. olive oil *1 tsp. unsalted butter *2-3 leeks, trimmed, halved lengthwise *1/4 cup dry white wine *1/4 tsp. salt *1/4 tsp. pepper *1/8 cup parmesan cheese

Place 1 Tbsp. oil & 1 tsp. butter in a large, high-sided skillet over medium-high. Cook until butter foams. Add half of leeks, cut side down; cook 5 minutes, pressing leeks occasionally, until cut sides are deeply browned. Remove leeks from pan. Repeat procedure with remaining oil, butter & leeks. Return all leeks to pan; add wine. Reduce heat to medium-low; cover & simmer 20 minutes or until leeks are tender when pierced with a fork. Stir in salt & pepper. Transfer mixture to a platter; top with Parmesan cheese.

Squash with Asiago Cheese

*1 squash *1/4 cup asiago cheese, grated *1/8 cup butter *1 tsp. dried parsley *1/2 Tbsp. brown sugar *1/2 tsp. dried sage *1/2 tsp. onion powder *1/2 tsp. maple syrup *1/2 tsp. salt *1/2 tsp. pepper

Cut squash in half & remove seeds & strings. In a saucepan combine butter, sugar, sage, onion powder, maple syrup, salt & pepper & heat until butter is melted & sugar dissolved. Brush mixture over the inside of the squash. Grill squash pieces cut side up over a medium indirect heat for about 45 minutes. Sprinkle cheese & parsley over the cut side of the squash & continue grilling for about 20 minutes or until the soft & the cheese is browned.

Grilled Squash with lime-maple glaze

*1 squash *1 Tbsp. maple syrup *1 Tbsp. lime juice *1/8 tsp. ground cinnamon *salt & pepper

Combine the butter, maple syrup, lime juice, cinnamon & salt & pepper to taste & mix well. (Use immediately or store in an airtight container in the refrigerator for up to 1 week). Prepare a medium-low fire in the grill. Cut squash in half, remove the fibers & seeds & slice about 1/2 inch thick. Steam the squash over boiling water until the flesh is just tender, about 10 minutes. Brush the marinade onto the warm squash. Grill until grill-marked on the bottom side, about 5 minutes. Check frequently; squash will char easily. If there are hot spots, you may want to rotate the positions of the pieces. Brush with the glaze, turn each slice & grill until tender throughout & grill-marked on both sides. Remove from the grill & brush on any remaining glaze. Serve hot.

Creamy Leek & Mushroom Pasta

*1 Tbsp. olive oil *2 leeks, thinly sliced *mushrooms *3 garlic cloves, pressed *1/2 cup vegetable broth *1 cup heavy whipping cream *1 tsp. dried dill *1/2 tsp. salt *1/8 tsp. pepper *parmesan to serve *12 ozs. of your favorite pasta, prepared according to box instructions

Heat a large pan over medium/high heat. Add 2 Tbsp. olive oil & the finely chopped leeks. Sauté 2 minutes. Cut mushrooms in half if they are small & into quarters if they are larger. Add halved/sliced mushrooms & 3 pressed garlic cloves. Sauté uncovered, stirring often for 8 minutes or until mushrooms are soft. Stir in 1/2 cup broth & 1 1/2 cups heavy whipping cream. Add 2 Tbsp. chopped dill, 1/2 tsp salt (or to taste) & 1/8 tsp pepper. Simmer uncovered another 5 minutes for the sauce to thicken up a little. Pour over your favorite cooked pasta. This would work over just about any noodles. Sprinkle with parmesan.

Pesticide effect on water

If you ask your grandparents what life was like when they were kids, the answer will probably be that things were simpler, slower & less automated. But since your grandparent's time, two major things have happened: the population of the US has increased greatly & technology & scientific innovations have come to play a major role in our lives. Pesticide use has grown because not only must our exploding population be supplied with food, but crops & food are grown for export to other countries. The US has become the largest producer of food products in the world. Our use of chemicals & pesticides to control insects, weeds & other organisms has grown also.

But there is a large hidden cost to the benefits of pesticides; the harmful effects they have on the environment, water & our own health. Water plays an important role here because it is one of the main ways that pesticides are transported from areas where they are applied to other locations. Pesticide contamination of groundwater is an important issue because about 95% of the population relies upon groundwater for drinking. The effects of past & present land used pesticides may take decades to become apparent in groundwater. These pesticides in water are shown to have a great effect on both humans and the environment. Pesticides have been shown to cause deformities in frogs as well as complete sex reversal in male frogs. This is an acute problem because amphibian populations worldwide have been declining at such astounding rates that today nearly 1/3 of the world's amphibian species are threatened with extinction. Pesticides in water have also been linked to reproductive defects in fish. These pesticides have been shown to be a human carcinogen, along with leading to other health issues, such as Alzheimer's, Asthma, birth defects, diabetes, learning disabilities, Parkinson's, reproductive issues and more. Source: USGS

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Storage Tips

Blackberries - Store loosely in a shallow container in the fridge. Do not wash them until ready to eat.

Grapes: Store them unwashed in a plastic bag in the refrigerator.

Pears - Store at room temperature until ripe — to hasten ripening, place pears in a paper bag at room temperature. Once ripe, place pears in a plastic bag and refrigerate.

Cauliflower - Store, stem-side down in a plastic bag in the refrigerator (stem-side down prevents moisture from collecting in the florets & possibly causing the head to spoil).

Leeks - Refrigerate leeks in a plastic bag. Do not wash them until ready to use. Leeks can be easily frozen for later use in soups, stews or casseroles. To freeze: wash & chop leeks, 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.

Squash: Store squash in a cool, dry place. Cut squash should be tightly wrapped in plastic wrap and refrigerated.