

Storage Tips

Peaches: Store peaches at room temperature until ripe — this usually takes 2 to 3 days. A ripe fruit will yield a bit when pressed gently. To speed up the ripening process, place peaches in a paper bag and store at room temperature, out of direct sunlight. Once ripe, store them in the crisper drawer of the refrigerator. For maximum flavor, allow your peaches to reach room temperature before eating (about 30 minutes).

Kiwis: Store on the counter until ripe, then refrigerate in a bag

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

Broccoli - To store, mist the unwashed heads, wrap loosely in damp paper towels, and refrigerate. You can also store unwashed broccoli in a plastic bag in the refrigerator.

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

Asparagus: Fill a jar with an inch or two of water. Store the asparagus upright in the jar. Cover with a plastic bag & place in the refrigerator. Change water when it gets cloudy.

Artichokes: Sprinkle artichokes with a few drops of water and store in a perforated plastic bag in the coldest part of the refrigerator for up to 1 week.

Italian Stuffed Artichokes

*2 artichokes *1-2 cups Italian style breadcrumbs *1-2 Tbsp. grated parmesan *1/2 Tbsp. dried parsley *1/2 tsp. garlic salt *1/4 tsp. pepper *1/8 cup olive oil *1 Tbsp. olive oil for drizzling

Rinse artichokes well, tugging leaves outward to loosen slightly for stuffing. Trim off stems so artichokes sit on a flat surface. Trim off the pointed tips of each leaf. Set aside. In a large bowl combine bread crumbs, cheese, parsley, garlic salt & pepper. Mix well; slowly add the oil till the crumb mixture is moistened enough to stick together. You may need to adjust the amount of oil depending on the type & amount of bread crumbs used. Stuff each leaf of the artichoke, starting from the bottom & working your way around, with crumb mixture. Stuff desired amount of leaves and shake off excess mixture. Continue this step with remaining artichokes. Place artichokes in a large baking pan & fill bottom of pan with 1/2 to 1 inch of water. Drizzle olive oil over top of stuffed artichokes & cover tightly with heavy duty foil. Cook on 375 degrees for approximately 60-80 minutes (depending on size of artichoke) or until leaf comes out easily. Cool for 10 minutes; serve & Enjoy!

Refrigerator Bread & Butter Pickles

*2-2 1/2 pounds baby cucumbers *1 Tbsp. salt *1/2 thinly sliced onions *1/2 cup sugar *1/2 cup white vinegar *1/4 cup apple cider vinegar *1/8 cup brown sugar *1/2 tsp. mustard seeds *1/4 tsp. celery seeds
Combine cucumbers & salt in a large, shallow bowl; cover & chill 1 1/2 hours. Move cucumbers into a colander & rinse thoroughly under cold water. Drain well & return cucumbers to bowl. Add onion to the bowl & toss with the cucumbers. Combine the granulated sugar, white vinegar, apple cider vinegar, brown sugar, mustard seeds & celery seeds in a medium saucepan; bring to a simmer over medium heat, stirring until the sugar dissolves. Pour the hot vinegar mixture over cucumber mixture; let stand at room temperature 1 hour. Cover & refrigerate 24 hours. Store in an airtight container in refrigerator up to 1 month.

Spicy Grilled Broccoli

*1 bunch broccoli *1/4 cup olive oil *1/8 cup cider vinegar *1/2 tsp. onion powder *1/2 tsp. garlic powder *1/2 tsp. smoked paprika *1/4 tsp. salt *1/4 tsp. crushed red pepper flakes *1/8 tsp. pepper
Cut each bunch broccoli into six pieces. In a 6-qt. stockpot, place a steamer basket over 1 in. of water. Place broccoli in basket. Bring water to a boil. Reduce heat to maintain a simmer; steam, covered, 4-6 minutes or until crisp-tender. In a large bowl, whisk marinade ingredients until blended. Add broccoli; gently toss to coat. Let stand, covered, 15 minutes. Drain broccoli, reserving marinade. Grill broccoli, covered, over medium heat or broil 4 in. from heat 6-8 minutes or until broccoli is tender, turning once. If desired, serve with reserved marinade.

With gratitude & respect

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Grilled Artichokes

*2 artichokes, trimmed *1/8 cup olive oil *1/8 cup balsamic vinegar *salt & pepper to taste
Fill your pot with 2" of water. Place steamer basket inside pot & put the artichokes on top of the basket. Bring to a boil, cover & reduce temperature to medium. Steam for 25 to 35 minutes, until you can pull a leaf away from the artichoke heart with a gentle tug. To double check, pull the leaf between your teeth. You are looking for an "al dente" leaf, that is almost, but not quite fully cooked. Remove the artichokes & let them cool. Using a very sharp knife, turn your artichoke upside down & slice the artichoke in half. Use a spoon to scrape all the artichoke fur out & remove the innermost translucent leaves. Put the olive oil, balsamic & salt & pepper in a gallon-size plastic bag. Shake to combine. Add the artichoke halves, seal & mush around so the marinade coats the artichokes & gets between the leaves. Marinate in the refrigerator overnight, or for as long as you have time. Even half an hour helps. Grill the artichoke hearts on a medium hot grill, cut side down for 5 or 6 minutes. Flip over & grill another 3-4 minutes.

Parmesan Balsamic Roasted Asparagus & Tomatoes

*1 pound asparagus *2 cups chopped tomatoes *1/4 cup Parmesan cheese *salt & pepper *1/2 cup balsamic vinegar
Preheat oven to 400 F degrees. Spray a baking dish with cooking spray & set aside. Snap the end pieces off the asparagus & place them in the baking dish. Add tomato halves too. Season generously with salt & pepper & sprinkle the Parmesan cheese over asparagus & tomatoes. Place in oven & bake for about 15 minutes or until asparagus softens a bit & begins to get brown. In the meantime add the balsamic vinegar to a small sauce pan & cook over medium heat for about 15 to 20 minutes or until it reduces & starts to thicken. Drizzle some of the balsamic reduction over the roasted asparagus & tomatoes & serve warm.

"Our flag does not fly because the wind moves it. It flies with the last breath of each soldier who died protecting it"

Unknown

