

## Storage Tips

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

Apples - Place them in the crisper drawer in a plastic bag with holes in it or cover the apples with a damp paper towel.

Sweet Corn: Place corn in a zippy bag or container in the fridge to store until you use it.

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

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.

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.

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.



## Happy Father's Day from Garden to Doorstep Organics

### Celery & Mushroom Salad

\*7 Tbsp. olive oil \*8 ozs. mushrooms \*2 Tbsp. lemon juice \*6-8 ribs celery, shaved paper thin \*1 cup shaved parmigiana reggiano cheese \*salt & pepper \*1 Tbsp. dried parsley  
Sauté the mushrooms in a skillet. Heat 3 Tbsp. olive oil over medium high heat. When the oil is hot, add the sliced mushrooms & sauté until golden brown, 5-6 minutes. Season with a little salt & pepper & then set aside to cool. Toss the salad in a large serving bowl. Whisk the remaining 4 Tbsp. olive oil with the lemon juice. Add a little salt & pepper & then taste. Add more oil or lemon juice as you like. Add the celery, cooled mushrooms, cheese & parsley to the bowl & toss until combined. Season with salt & pepper & serve.

### Easy Corn on the Cob

\*2 Tbsp. sugar \*1 Tbsp. lemon juice  
\*Corn on the cob  
Fill a large pot about 3/4 full of water & bring to a boil. Stir in sugar & lemon juice, dissolving the sugar. Gently place ears of corn into boiling water, cover the pot, turn off the heat & let the corn cook in the hot water until tender, about 10 minutes.

### Broccoli Mushroom Couscous

\*1/2 cup uncooked couscous \*1 cup finely chopped broccoli \*3 large mushrooms, finely chopped then diced \*1/2 cup plain low-fat Greek yogurt \*1/4 cup unsweetened almond milk \*1/3 cup shredded mozzarella \*1/2 tsp. basil \*1/2 tsp. garlic powder \*1/4 tsp. pepper \*dash of salt \*1 tsp. olive oil  
In a small sauce pan, bring 1/2 cup water to boil. Add couscous & stir quickly. Cover & set aside to prepare couscous. While couscous is being prepared, place a skillet over medium heat. Once hot, add olive oil & veggies. Sauté about 5 minutes. Fluff couscous. Over low heat, add veggies & remaining ingredients. Stir until thoroughly mixed. Serve.

### Apple & Broccoli Salad with Walnuts

\*1 head broccoli, chopped \*1/2 large carrot, grated \*1 apple, cored & finely chopped \*1/8 cup onion, finely chopped \*1/4 cup walnuts, coarsely chopped \*1/8 cup dried cranberries (optional)  
For the dressing: \*1/2 cup mayonnaise \*1 tsp. lemon juice \*1 clove garlic, minced \*1/2 tsp. honey \*salt & pepper  
In a bowl, combine all the ingredients for the dressing. Mix well & season to taste. In large bowl, combine the broccoli, carrot, apple, onion, cranberries & walnuts. Mix as much dressing as you like in the salad & toss until well combined.  
Serve right away or refrigerate before serving.

*“A truly rich  
man is one  
whose children  
run into his  
arms when his  
hands are  
empty”*

Unknown

### Apple Vinaigrette

\*2 Tbsp. dried parsley \*1/4 cup cider vinegar \*1/4 cup olive oil \*1/4 cup apple juice \*1 tsp. basil \*2 tsp. honey \*3/4 tsp. salt \*1 tsp. Dijon mustard \*1/8 tsp. pepper  
Combine parsley, vinegar, olive oil, apple juice, basil, honey, salt, mustard & pepper in a blender or food processor. Process until smooth. Serve over salad & top with apple slices & blueberries. Yum!

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