

## Storage Tips

Pineapple: A pineapple can be stored whole in a plastic bag in the fridge for a few days. If you will not use it for 3 or more days, you should cut it into chunks and store it in an airtight container in the fridge. (You can also freeze it. Cut it into chunks, place chunks on a cookie sheet & place in freezer. Once frozen, put chunks into airtight container & freeze. Freezing first on a cookie sheets helps prevent the chunks from sticking together).

Kiwi – Store in the crisper drawer of the refrigerator.

Red Potatoes - Store in a well-ventilated area so they stay fresh longer. Do not refrigerate. Place them in a metal basket or rack, a wooden crate or a cardboard box with holes. Keep out of sunlight & in a cool, dark & slightly humid place, like a basement, unheated closet or cupboard.

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.

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

Chard: Only wash the chard just before you eat it. Place it in a plastic bag & remove as much air from the bag as possible. Seal the bag & store in the refrigerator.

Spinach: Store spinach wrapped in paper towels -- damp or dry -- in resealable plastic bag. Kept in the crisper drawer or on a shelf in the refrigerator.

### Roasted Potatoes with Greens

\*6 small red potatoes, quartered \*2 Tbsp. butter  
\*2 cloves garlic, minced \*1/2 tsp. dried rosemary  
\*salt & pepper to taste \*1 cup spinach leaves  
Preheat the oven to 400 degrees. Place the potatoes in a single layer in a ceramic casserole dish. Melt the butter in a skillet over medium heat. Add garlic & cook until golden. Stir in the rosemary & cook just until fragrant. Pour over the potatoes in the dish. Season with salt & pepper. Roast uncovered for about 30 minutes in the preheated oven, until the potatoes are fork tender. Remove from the oven & toss with the spinach leaves. Return to the oven for 1 to 2 minutes, until the spinach has wilted.  
(Great summer option: place all of the ingredients into a packet made of foil & pop it on the grill).

### Broccoli Pineapple Salad

\*3 cups broccoli florets \*1/2 cup grated cheddar cheese \*1/4 medium red onion, chopped \*1/4 cup diced pineapple \*1/4 cup chopped pecans  
\*1/2 cup mayonnaise or Greek yogurt \*1 Tbsp. apple cider vinegar \*1/2 Tbsp. sugar  
In a large bowl, combine the broccoli, cheese, onion, pineapple & pecans.  
In a small bowl, combine the mayonnaise, vinegar & sugar. Spoon the dressing over the broccoli mixture & toss gently until evenly coated.

# Garden to Doorstep Organics

### Sautéed Rainbow Chard (don't be afraid!)

\*1 1/2 Tbsp. butter \*1 1/2 Tbsp. olive oil \*2 cloves garlic, minced \*1 pinch red pepper flakes (to taste) \*chard, stems trimmed, leaves cut into 1/2 inch pieces \*1 Tbsp. lemon juice \*salt  
Melt butter oil in heavy large pan over medium-low heat. Add garlic & red pepper. Sauté until fragrant, about 1 minute. Add chard; stir to coat.  
Cover & cook until tender (stirring occasionally) about 8 minutes. Squeeze lemon juice onto chard. Season to taste with salt.

### Broccoli Salad

\*2 heads broccoli \*1 red onion \*3/4 cup raisins \*3/4 cups sliced almonds \*1 cup mayonnaise \*1/2 cup white sugar \*2 Tbsp. white wine vinegar  
Cut the broccoli into bite-size pieces & cut the onion into thin bite-size slices. Combine with the raisins, your favorite nuts & mix well. To prepare the dressing, mix the mayonnaise, sugar & vinegar together until smooth. Stir into the salad, let chill & serve.

### Rainbow Chard Frittata

Here is a delicious way to enjoy your chard. Not to mention it's easy & backed with vitamins.

\*1 bunch rainbow chard \*olive oil, as needed, for greens, eggs & skillet \*1 red onion, thinly sliced \*4 cloves of garlic, minced \*salt, as needed \*6 eggs \*pepper \*pinch cayenne pepper \*3 Tbsp. Pecorino Romano or other aged cheese  
Remove the chard stalks from the leaves & cut into 1/4-inch pieces. Coarsely chop the leaves. Add the onion & chard stalks & sauté about 5 minutes, until the onion is translucent. Add the garlic & cook another 4 to 5 minutes. Stir in the leaves, season with salt & cook until the leaves are wilted & tender; about 5 more minutes. Set aside.  
Crack the eggs in to a bowl. Add 1/8 tsp. salt, 2 tsp. olive oil & a sprinkling of both black & cayenne pepper. Beat lightly. Stir the chard mixture into the eggs. Pre-heat a 10- or 12-inch skillet over medium low heat. Also pre-heat the oven broiler. Pour 2 Tbsp. of olive oil into the skillet. After a few seconds, pour in the egg & chard mixture. As the eggs set on the bottom, gently lift the edges to allow the uncooked egg to flow underneath. Continue to cook until mostly set, but a little runny on top. Sprinkle the cheese over the eggs. Place under the broiler 3 to 4 minutes, until the cheese browns & the eggs are set. Serve in wedges. Yum!

"The tans will fade,  
but the memories  
will last forever.  
Enjoy Summer!"

Unknown