

Storage Tips:

Nectarines: Store nectarines 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 nectarines in a paper bag and store at room temperature, out of direct sunlight. Once ripe, store them in the crisper drawer of the refrigerator.

Cantaloupe: Whole, ripe cantaloupe can be stored in the refrigerator. Once cut, they should be sealed in an airtight container or wrapped tightly and stored in 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.

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.

Kale - Refrigerate in plastic bag; do not wash until ready to use.

Zucchini: Store in the crisper drawer of your refrigerator. Wash just before use.

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

Garden to Doorstep Organics

Spaghetti Squash with Kale & Chickpeas

*1 spaghetti squash *1-2 Tbsp. olive oil *1/4 onion, thinly sliced *1 clove garlic *1/2 tsp. dried rosemary *pinch of chili flakes *1/2 cup chickpeas, drained & rinsed *2 packed cups of chopped kale leaves *juice of 1/2 lemon *1/4 cup chopped sun dried tomatoes (or olives) *1/4 cup toasted pine nuts *salt & pepper *bit of freshly grated Parmesan cheese (optional) Preheat oven to 375 degrees F. Slice your squash in half lengthwise. Scoop out the seeds & pulp from the middle. Place the squash on a baking sheet, cut side up. Drizzle with olive oil & sprinkle with salt & pepper. Roast for about 1 hour or until the flesh is tender & you can scrape noodle-like strands with a fork. (If your squash is difficult to cut, roast it whole for the first 20 minutes until it softens a bit, then cut and continue). Remove squash from the oven, let it cool slightly & use a fork to scrape the squash into strands. (set aside).

In a large skillet over medium heat, add enough olive oil to lightly coat the pan, then add the shallot, garlic, rosemary, chile flakes, salt & pepper.

Once the shallot starts to soften, add the chickpeas & cook for a few minutes until they turn lightly golden brown. Remove the garlic clove & add the kale leaves & lemon juice. Give everything in the pan a good stir. Once the kale is partially wilted, add the squash strands, a little grated cheese, sun dried tomatoes & more salt & pepper, to taste. Toss to incorporate. Remove from heat & top with toasted pine nuts & extra grated cheese.

Zucchini Casserole

*2 zucchini *1/2 cup coarse chopped carrots *1/2 stick unsalted butter *1 large onion, chopped *1 clove garlic, minced *1 1/2 cup Ritz cracker crumbs *1/2 cup grated cheddar cheese *hot pepper sauce, such as Tabasco *salt & pepper *2 eggs, lightly beaten Preheat the oven to 350 degrees. Butter a medium baking dish. Slice the zucchini lengthwise into quarters, then cut into 1/2-inch-thick wedges. Place the zucchini & carrots in a saucepan, barely cover with water & salt well. Bring to a boil; reduce the heat to medium & cover. Cook about 20 minutes, until the vegetables are very soft. Meanwhile, warm 3 Tbsp. of the butter in a medium skillet over medium-low heat. Stir in the onion & cook slowly until very soft & translucent, 6 to 8 minutes. Add the garlic & cook an additional minute. Scrape the mixture into a mixing bowl. Wipe out the skillet, return it to medium-low heat & add to it the remaining tablespoon of butter. Stir in 1/2 cup of the cracker crumbs & cook briefly until the crumbs are golden. Scrape them onto a small plate & reserve them. Drain the zucchini mixture, mashing the vegetables just a bit. Spoon it into the mixing bowl. Stir in the remaining 3/4 cup of cracker crumbs, cheese & a good splash or two of the pepper sauce. Salt & pepper generously to taste. Stir in the eggs & spoon the mixture into the prepared baking dish. Scatter the toasted cracker crumbs over the top. Bake uncovered for about 30 minutes, until golden brown & lightly firm in the center. Serve hot.

Spanish Quinoa Stuffed Peppers

*1/2 cup quinoa or rice, rinsed & drained *1 cup veggie stock *2 peppers, halved & seeds removed *1/4 cup salsa, plus more for serving *1 tsp. cumin powder *3/4 tsp. chili powder *3/4 tsp. garlic powder *1/2 (15 oz.) can black beans, drained *finely chopped kale *1/2 cup corn (Optional toppings: 1 sliced avocado, lime juice, hot sauce, cilantro, diced red onions) Add quinoa & vegetable stock to a saucepan & bring to a boil over high heat. Once boiling, reduce heat, cover & simmer until all liquid is absorbed and quinoa is fluffy - about 20 minutes. Preheat oven to 375 degrees & lightly grease a 9x13 baking dish or rimmed baking sheet. Brush halved peppers with a neutral, high heat oil, such as grape seed, avocado or refined coconut. Add cooked quinoa to a large mixing bowl & add remaining ingredients - salsa through corn. Mix to thoroughly combine then taste & adjust seasonings accordingly, adding salt, pepper, or more spices as desired. Generously stuff halved peppers with quinoa mixture until all peppers are full, then cover the dish with foil.

Bake for 30 minutes covered. Then remove foil, increase heat to 400 degrees & bake for another 15-20 minutes, or until peppers are soft & slightly golden brown. For softer peppers, bake 5-10 minutes more. Serve with desired toppings (listed above) or as is. Best when fresh, though leftovers keep covered in the refrigerator for 2-3 days. Reheat in a 350-degree F oven until warmed through - about 20 minutes.

Spaghetti Squash Hash Browns

*1/2 of a pre-cooked spaghetti squash *1/4 cup fresh chives or 1 tsp. dried *1/4 tsp. garlic powder *1 egg *salt & pepper *1/2 cup cheddar cheese Bake for Remove the spaghetti squash from the skin. Taking large handfuls of the squash in your hands, squeeze the squash a few good times over the sink to release excess water. Place in a large bowl. Add to the squash the chives, garlic powder, salt & pepper, and egg. Stir thoroughly. In a greased skillet, cook the squash mixture over medium heat, stirring frequently, for about 10 minutes. The squash is done when it is golden brown. Immediately top with the cheddar cheese and ENJOY!!

Roasted Red Potatoes

*2 lbs. red potatoes, halved *4 Tbsp. olive oil *6 gloves garlic, minced *1 1/2 tsp. salt *1 tsp. pepper *1 tsp. dried thyme *1/2 tsp. dried oregano *1/2 tsp. dried basil *1/3 cup grated Parmesan cheese *2 Tbsp. unsalted butter, cut into cubes *1 tsp. dried parsley

Preheat oven to 400 degrees. Lightly grease a large baking sheet. In a large bowl, toss the potatoes, olive oil, garlic, salt, pepper, thyme, oregano, basil & Parmesan cheese until evenly coated. Turn the mixture out onto the prepared baking sheet & arrange in a single layer. Bake for 45 minutes to 1 hour, turning with a spatula two or three times, until golden brown and crisp. Pull the tray out & sprinkle the butter over the potatoes & stir to melt the butter. Remove from the oven & toss with parsley. Serve immediately.

Please don't forget to tell a friend about us. You will receive **\$10** after your friend orders their second box. Just have them mention your name in the comment box when they order. We promote a greener earth and ask that you put out last week's box and bag on the day of delivery so we can reuse them.

6-26-17

gardentodoorsteporganics.com

According to the USDA's pesticide data program, 35 different pesticides have been found on conventional potatoes.

Can you believe it?