

## 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 sheet helps prevent the chunks from sticking together).

Nectarines: Store nectarines at room temperature until ripe. A ripe fruit will yield a bit when pressed gently. To speed up the ripening process, place nectarines or 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.

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).

Onions - Store in a dark, cool, well-ventilated area. Punch holes in a paper bag (if you have a hole punch, that works great). Place onions in the bags and paperclip them closed. Store in a basement or any other darker, cooler place. Do not refrigerate them.

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

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 container (you can use a plastic bag too). Store in the refrigerator.

## Grilled Romaine Hearts

\*2 romaine lettuce hearts, halved lengthwise \*1 Tbsp. olive oil \*2 Tbsp. grated Parmesan cheese \*2 Tbsp. balsamic vinegar \*2 Tbsp. sherry vinegar \*2 Tbsp. olive oil  
Preheat outdoor grill for high heat & lightly oil the grate. Brush each romaine leaf half with olive oil. Cook romaine hearts, cut side down on the preheated grill until the cut side is slightly caramelized but the inside is still cool & crisp; about 2 minutes. Transfer lettuce, cut side up, onto a platter. Sprinkle parmesan cheese over the lettuce & drizzle with balsamic vinegar, sherry vinegar & 2 Tbsp. olive oil over the top.

## Superb Sautéed Mushrooms

\*3 Tbsp. olive oil \*1 Tbsp. butter \* mushrooms \*1 clove garlic, thinly sliced \*1 Tbsp. red cooking wine \*1 Tbsp. teriyaki sauce, or more to taste \*1/4 tsp. garlic salt, or to taste \*pepper to taste  
Heat olive oil & butter in a large saucepan over medium heat. Cook & stir mushrooms, garlic, cooking wine, teriyaki sauce, garlic salt & black pepper in the hot oil & butter until mushrooms are lightly browned, about 5 minutes. Reduce heat to low & simmer until mushrooms are tender, 5 to 8 more minutes. This is great served on top of a baked potato!

## Creamy Mushroom Fettuccine

\*1 pkg. (9 oz.) refrigerated fettuccine \*1 Tbsp. olive oil \*1/2 cup chopped onion \*8 oz. mushrooms \*2 cloves garlic, minced \*3/4 tsp. salt \*1/4 tsp. pepper \*1/4 cup white wine (optional) \*1/2 tsp. dried Thyme \*1/3 cup half-and-half \*1/4 cup grated Parmesan cheese \*2 Tbsp. dried parsley  
Cook pasta to cooking directions (omitting salt & fat). Drain. Heat a large skillet over med-high heat. Add oil & swirl to coat. Add onion, mushroom, garlic, ¼ tsp. salt & pepper. Sauté 10 minutes or until mushrooms have browned. Add wine & thyme. Cook 2 minutes or until liquid evaporates; stirring occasionally. Remove pan from heat. Add hot cooked pasta, remaining ½ tsp. salt, half-and-half & Parmesan cheese to pan, tossing to combine. Sprinkle with parsley & serve.

## Broccolini

was developed from a hybrid of broccoli & Chinese kale. It resembles broccoli & asparagus in appearance, with long stalks topped with delicate buds. In flavor, it is sweet & tender like asparagus with hint of broccoli-like bite. Broccolini is rich in many vitamins & minerals. It can be eaten raw or is great lightly cooked. Simply add broccolini to boiling water & cook for 1-2 minutes. Then add to a skillet with olive oil & garlic & cook for another 2-3 minutes, adding your favorite seasonings such as lemon juice, salt, pepper & red pepper flakes. Enjoy!

June 5<sup>th</sup> is World Environment Day. It was created in 1972 by the United Nations General Assembly to stimulate worldwide awareness of the environment. Organic food facts are especially important when considering our Earth & environment. Conventional farming methods erode soil and use dangerous pesticides that may take centuries before they're gone. Think of the DDT, thought to be harmless but appeared to be extremely bad for your health. Even though this pesticide has been forbidden for many years now, it's still found in virtually all waters, human beings and animals in the world. In addition, over time, artificial pest controls become less and less effective, so that even more chemicals must be used or other methods found. One of the huge advantages of organic food is that buying it has a huge positive impact on the environment, the animals and people who live on it.

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# Garden to Doorstep Organics

## Caesar Salad Dressing

\*1/2 cup mayo \*1/4 cup olive oil \*3 Tbsp. grated Parmesan cheese \*2 Tbsp. blue cheese \*1 Tbsp. red wine vinegar \*3 cloves garlic, minced \*1 tsp. lemon juice \*1/2 tsp. dry mustard \*4 dashes Worcestershire sauce \*2 dashes hot pepper sauce \*1 pinch cayenne pepper \*salt & pepper to taste  
Beat all ingredients together in a bowl until well blended. Cover & refrigerate for 4 hours before serving.

## Garlic Mashed Cauliflower

\*1 head cauliflower, cut into florets \*1 Tbsp. olive oil \*1 clove garlic, smashed \*1/4 cup grated parmesan cheese \*1 Tbsp. reduced-fat cream cheese \*1/2 tsp. salt \*1/8 tsp. pepper  
Place a steamer insert into a saucepan & fill with water to just below the bottom of the steamer. Bring water to a boil. Add cauliflower, cover & steam until tender, about 10 minutes. Meanwhile, heat olive oil in a small skillet over medium heat. Cook & stir garlic until softened; about 2 minutes. Remove from heat. Transfer half the cauliflower to a food processor. Cover & blend on high. Add remaining cauliflower florets, one at a time, until vegetables are creamy. Blend in garlic, Parmesan cheese, cream cheese, salt & pepper.