

"I think that I shall never see a poem as lovely as a tree...."

by Joyce Kilmer.

If you are like us, the sight of beautiful trees is amazing & calming. Not only does their presence relieve our stress, but they are so very important to our existence & that of our planet. As the biggest plants on the planet, they give us ½ of the world's oxygen, they soak up large amounts of carbon dioxide & store enormous amounts of carbon that would otherwise be released into our atmosphere. Without trees & roots to hold soil together, erosion would quickly occur & heavy rains would easily wash soil away. They give life & shelter to the world's wildlife not to mention the material for tools & shelter for humans. Common pesticides used in weed control in crop fields, golf courses & lawns drifts through the air & can cause significant damage to trees & shrubs, particularly when affected year after year, according to University of Nebraska Institute of Agriculture & Natural Resources. It reports that herbicide drift can cause tree leaves to become stunted, twisted, feel leathery, curl or drop. Tree growth will slow & branches will die back. The damage is more than cosmetic: the tree canopy may become thinner, & combined with distorted leaves, the tree can't produce the same amount of energy as a non-affected tree. Eventually it can die.



Garden to Doorstep Organics

Tip: We simply chop chard & add it to any soup or stew. It is a great way to get the health benefits into many dishes.

Rainbow Chard Frittata

*1 bunch rainbow chard *olive oil *1 red onion, thinly sliced *4 cloves garlic, minced *salt & pepper *6 eggs *pinch of cayenne pepper *3 Tbsp. Pecorino Romano or some 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 teaspoon 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 12inch 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, if using, over the eggs. Place under the broiler 3 to 4 minutes, until the cheese browns & the eggs are set.



Sautéed Swiss Chard

*1 Tbsp. butter *1 Tbsp. olive oil *1 cloves garlic, minced *1 small pinch dry crushed red pepper *1 bunch chard, stems trimmed, leaves cut into ½ inch pieces *1/4 tsp. lemon juice *salt
Melt butter & oil in heavy large pan over medium-low heat. Add garlic & crushed red pepper. Sauté until fragrant, about 1 minute. Add Swiss chard; stir to coat. Cover & cook until tender (stirring occasionally) about 8 minutes. Add lemon juice & season to taste with salt.



Roasted Eggplant with Chopped Chard, Quinoa & Feta

*1 eggplant, cut into 1 inch cubes *2 tbsp. olive oil *salt & pepper *1 Tbsp. olive oil *2 cloves garlic *chard *1 ½ cups cooked quinoa *1/4 cup Feta cheese

Preheat oven to 420 F. Line a baking sheet with foil. Grease the sheet lightly with olive oil. In a large bowl, mix cubed eggplant with 2 Tbsp. olive oil & season with salt & pepper. Spread chopped eggplant over the lightly greased baking sheet. Roast for 20-25 minutes until eggplant softens. Midway through roasting, take out the sheet & flip over eggplant cubes to the other side using spatula. While eggplant is being roasted, heat 1 Tbsp. of olive oil in a large skillet, add chard & 1 minced garlic clove. Cook for a couple of minutes, constantly stirring, just until chard wilts. Remove from heat. Once eggplant is done, immediately remove it from the baking sheet into the same skillet with chard, off heat. Immediately add quinoa & second clove of minced garlic. Mix everything well, off heat & season with more salt if needed. Don't add too much salt or omit it altogether as you will be using Feta cheese too. Top with Feta cheese.

Eggplant with Mushroom Stuffing

*1 eggplant *1 Tbsp. salt *1 small onion, chopped *1/4 cup butter *3/4 cup soft bread crumbs *1/2 cup chopped mushrooms *1 tsp. dried parsley *dash pepper *1/2 cup shredded Swiss cheese

Cut eggplant in half lengthwise; scoop out pulp, leaving a 1/4-in.-thick shell. Set shell aside. Chop pulp; place in a colander over a plate. Sprinkle with salt; let stand for 30 minutes. Blot moisture with a paper towel. In a skillet, sauté eggplant pulp & onion in butter until tender. Add the bread crumbs, mushrooms, parsley & pepper. Spoon into eggplant shells. Place in a greased 8-in. square baking dish. Bake, uncovered, at 350° for 15 minutes. Sprinkle with cheese; bake 5 minutes longer or until cheese is melted.



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Referral Extravaganza

We are kicking off a super fun and exciting new promotion. Word of mouth and referrals are extremely important to our success at GTDO. We appreciate all the great things that you have said about us and all the people that you have referred already. Our new “Referral Extravaganza” is the biggest promotion that we have ever done.

For every subscription referral that you get us we will give you your next box for **Free.**

THAT IS RIGHT COMPLETELY **Free.**

Your name will also be put in a drawing. We are going to have a celebration every time we hit 50 new subscriptions. When we hit these levels we are going to have a party. The most exciting part of the celebration for you will be the fabulous drawings we will have. Free boxes will be given away and even subscriptions!! Every 50 subscriptions another party!

Thank you again for everything that you have done and let's have some fun!!!



Storage Tips

Pears - Store at room temperature until ripe — to hasten ripening, place pears in a paper bag at room temperature. Once ripe, place pears in a plastic bag and refrigerate.

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

Carrots with greens - Remove the greens from the carrots & store them separately. Make sure the roots are dry & unwashed. Place them in a separate zip lock bags & store in the fridge (do not store with any part of greens attached as they will pull moisture from the root). Pat the greens dry with a paper towel. Wrap the greens in a paper towel & store in an airtight plastic contain (you can use a plastic bag too). Store 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.

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).

Eggplant: Punch some holes in a plastic bag. Wrap the eggplant in paper towel & place in the plastic bag. Store in the crisper drawer of the refrigerator.

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.