

Storage Tips

Peaches: Store peaches 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 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.

Grapes: Store them unwashed in a plastic bag 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

Cucumbers - wrap cucumbers individually in a paper towels & then place in a plastic bag & store in the crisper drawer of the refrigerator.

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

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

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.



Enjoy summer with Garden to Doorstep Organics

Peach Cucumber Salad (Yum!)

*3 peaches *2 cucumbers, halved *1 Tbsp. apple cider vinegar *1 Tbsp. lemon or lime juice *1 Tbsp. honey or maple syrup *2 Tbsp. olive oil *sprinkle of salt & pepper *1 tsp. dried basil *toasted pecans & crumbled feta cheese for garnish (optional)

Peel the peaches if desired & remove pit. Slice the peaches & cucumbers into ¼ inch slices. Place in a medium sized glass bowl.

Whisk together the apple cider vinegar, lemon or lime juice, honey or maple syrup, olive oil, salt & pepper. Finely chop the fresh basil or mint & mix into the vinaigrette. Pour vinaigrette over the cut peaches & cucumbers & mix well. Cover & refrigerate several hours.

Garnish with pecans & cheese if desired. Refrigerating the salad for a few hours before serving is optional, but it does help intensify and marry the flavors.



Kale with Balsamic, Pine Nuts & Parmesan

*1/8 cup dried sweetened cranberries, chopped (or golden raisins or currants) *1/4 cup pine nuts (or slivered almonds) *1 large bunch of kale *1/8 cup balsamic vinegar *1 1/2 Tbsp. olive oil *1/2 Tbsp. seasoned rice vinegar *1/2 Tbsp. honey *1/2 tsp. salt *1/4 tsp. pepper *1/4 cup grated Parmesan cheese

Toast the pine nuts: Heat a small skillet on medium high heat. Spread the pine nuts in an even layer on the bottom of the pan, cook, stirring occasionally, until lightly browned. Then remove to a bowl to allow to cool. Hint when toasting nuts: do not take your eyes off of them! Nuts can go from browned to burned very quickly. Prep the kale: Use a sharp knife to cut out the tough midrib of each kale leaf & discard or compost. Slice the leaves crosswise into thin, 1/4 inch wide, slices. The easiest way to do this is to work with a small bunch of leaves at a time, stack the leaves and roll them into a loose cigar shape. Then using a sharp knife, work from one end of the "cigar" to the other, slicing a 1/4 inch off from the end. Place the kale slices into a large bowl. Make the dressing: In a smaller bowl, whisk together the balsamic vinegar, olive oil, rice vinegar, honey, salt & pepper. Dress the kale & toss with nuts & cranberries. A half hour to an hour before serving, toss the kale together with the toasted pine nuts, the dried cranberries & the dressing, allowing the kale to marinate a bit. Right before serving, stir in the grated Parmesan cheese.



Spinach with Chickpeas

*olive oil *1/2 head garlic *1 1/2 Tbsp. sweet paprika *3 cups spinach *1/4 cup water *1 1/2 cups cooked chickpeas *salt (optional)
Cook the garlic (diced) in a saucepan with a little bit of olive oil over medium heat until golden brown. Add the paprika, stir & add the spinach (finely chopped). Add the water & salt to taste (optional) & cook for about 5 minutes. Add the cooked chickpeas, stir, add more oil if you want (you can add more paprika & salt too) & cook for 5 minutes more.



Spinach, Mushroom & Caramelized Onion Quesadillas

*1 Tbsp. olive oil *1 1/2 large yellow onions, peeled & sliced *1 pkg. mushrooms *spinach leaves *refried beans

Sauté the onions in the olive oil over low heat. This will take between 30-40 minutes until they are a deep caramel color. Stir often checking if they need more oil to keep from burning. Season with salt & pepper & a tsp. of sugar will also help them deepen in color. Add the mushrooms about 30 minutes in & let them release their liquid & soften, another 10 minutes. Wipe out the skillet & keep over low heat. Spread a small amount of refried beans on a small whole wheat tortilla, spread some of the onion/mushrooms on ONE SIDE only & top with some baby spinach leaves. Place in the skillet & let it crisp up (1 min or 2) then fold the tortilla in half. Cut in 2 and serve.

