

## 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.

## Spinach, Mushroom & Caramelized Onion Quesadillas

\*1 Tbsp. olive oil \*1 ½ 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.

## Zucchini & Mushroom Pasta with garlic herb sauce

\*4 Tbsp. olive oil \*1 Tbsp. minced garlic \*1 cup mushrooms, sliced \*1 cup zucchini, diced \*2 tsp. dried basil \*2 tsp. dried oregano \*1 tsp. red pepper flakes (optional if you like it spicier \*2 cups angel hair pasta (or pasta of your choice)  
\*salt & pepper  
Sauté minced garlic in olive oil for 2-3 min over med-high heat. Add mushrooms & zucchini & sauté for 5 minute. Add seasonings. Cook angel hair pasta according to package directions. Using tongs, add pasta to the vegetable mixture & toss gently. Enjoy with fresh rolls or garlic bread. (Makes 2 servings)

## 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 ½ 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.