

# Garden to Doorstep

## Organics

### Parmesan & Garlic Roasted Red Potatoes

\*red potatoes, scrubbed & halved \*4 Tbsp. olive oil \*6 cloves garlic, minced \*1 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 small cubes  
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 & crisp. Pull the tray out & sprinkle the butter over the potatoes & stir to melt the butter. Remove from the oven & serve immediately.

### Parmesan & Garlic Roasted Carrots

\*carrots, skins peeled \*2 Tbsp. melted butter \*2 cloves garlic, minced \*3 Tbsp. grated parmesan cheese \*1/3 tsp. dried parsley  
Preheat the oven to 400 degrees. Mix the melted butter & garlic together. Coat the carrots well with the butter mixture. Arrange the carrots on a baking sheet lined with parchment paper. Drizzle the extra butter garlic mixture on top of the carrots. Roast for 15 minutes, then top the carrots with the Parmesan cheese. Roast for another 10 minutes or until the cheese melts & slightly browned. Remove from the oven & top with the parsley. Serve immediately.

### Garlic Roasted Tomatoes & Zucchini

\*2 zucchini, cut in half lengthwise, then cut into 1/2 inch half moons \*1 1/2 cups quartered tomatoes \*1/2 onion, minced \*3 cloves garlic, minced \*1/2 tsp. crushed red pepper flakes \*1/4 cup olive oil \*salt & pepper \*1/2 cup grated parmesan cheese \*1/3 Tbsp. dried basil  
Preheat oven to 450 degrees F. Lightly grease a 9x13 inch baking dish. Combine the zucchini, tomatoes, onion, garlic, & red pepper flakes in the prepared baking dish. Drizzle with the olive oil, season with salt & pepper & mix well. Place in preheated oven. Roast until vegetables are tender & slightly golden, about 18 minutes. Remove from oven; sprinkle with the Parmesan cheese & basil.

**“There are too many people counting calories & not enough people counting chemicals”**

Unknown

### Baked Parmesan Zucchini

\*2 zucchini \*1/4 cup grated parmesan cheese \*2 cloves garlic, minced \*1 Tsp. olive oil \*1 tsp. oregano \*1/2 tsp. salt \*1/4 tsp. pepper  
Preheat the oven to 425 degrees. Line a baking sheet with parchment paper. Cut zucchini lengthwise into quarters & put in a bowl. Pour olive oil over zucchini & add minced garlic. With your hands, rub the garlic & olive oil all over the zucchini. Put the zucchini on the baking sheet in a single layer, skin side down. Sprinkle the zucchini with salt, pepper, Parmesan cheese & oregano. Put the zucchini in the oven on the top rack & bake for 15 minutes. Switch the oven to Broil & bake for another 4 minutes, or until zucchini is golden brown. Serve warm. You can sprinkle zucchini with an extra 1 Tbsp. Parmesan cheese right before serving.

## Storage Tips

Blueberries - Store loosely in a shallow container in the fridge. Do not wash them until ready to eat.

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

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.

Carrots - remove any of the tops (the green part). 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).

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

Tomatoes - Do NOT refrigerate. Keep them at room temperature on the counter away from direct sunlight.