

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 in a plastic bag in the crisper drawer of 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.

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

Cabbage: Store the cabbage head whole in your crisper drawer until you use it. Do not wash it. Leave the outer leaves on as they protect the more delicate inner leaves (discard the outer leaves before you use it). If you do not use the entire cabbage at one time, after you cut it, wrap the remaining cabbage in plastic wrap & return to the fridge. If stored well, cabbage can last for weeks in your fridge.

Squash: Store squash in a cool, dry place. Cut squash should be tightly wrapped in plastic wrap and refrigerated.

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). Carrot greens are edible & good for you. They can be chopped up and added to soups, stews or casseroles.

Vinegar & Oil Slaw

*1/4 cup red wine vinegar *2 Tbsp. sugar *2 Tbsp. peanut or vegetable oil *16 ozs. shredded cabbage & carrots *1 tsp. salt *salt & pepper
Mix vinegar & sugar. Add oil. Add cabbage to dressing & season with salt & pepper. Toss with fingers to combine. Adjust seasoning. Let stand 20 minutes. Re-toss & serve.

Roasted Butternut Squash with Sage

*1 butternut squash, peeled, seeded & cubed *2 Tbsp. olive oil *1/2 Tbsp. dried thyme *2 cloves garlic, minced
Preheat oven to 400°F. Line a large baking sheet with parchment paper. Combine all ingredients in a large mixing bowl. Season generously with salt & pepper & toss until squash is evenly coated. Spread squash out in an even layer on the prepared baking sheet.
Roast for about 30 minutes, turning over halfway through baking time, until squash is fork tender. Serve warm.

Vegan Carrot & Butternut Squash Soup

*2 Tbsp. olive oil *1 onion, diced *4 cloves garlic, minced *4 carrots, sliced *3 stalks celery, diced *1 butternut squash, peeled & chopped *5 cups vegetable broth *1 1/2 tsp. dried sage *1/2 cup soy milk
In a large soup pot, sauté the diced onion & minced garlic in olive oil until the onions turn soft, about 3 to 5 minutes. Next, add in the sliced carrots & celery & cook for another 3 to 5 minutes. Add in the chopped butternut squash & give it all a quick stir just to coat the butternut squash with oil, then add in all of the vegetable broth & sage. Bring the soup to a boil, then reduce heat down to a slow simmer & allow your soup to cook for at least 25 minutes, or until squash is soft. Using a potato masher or a large fork, mash the squash until smooth, or, alternatively, you can puree the soup in a food processor or blender. Stir in the soy milk & season with salt & pepper to taste.

Baked Lemon Garlic Grated Carrots

*4 cups peeled & grated carrots *1 Tbsp. melted butter *1 Tbsp. olive oil *1 Tbsp. lemon juice *1/2 tsp. each salt & pepper *2 cloves garlic, minced *1 Tbsp. chopped chives
Heat oven to 350 degrees. Place grated carrots in a greased/buttered 1-1/2 to 2 qt. casserole. Add remaining ingredients & stir to combine. Bake for 30 minutes.

from Garden to Doorstep Organics

Mushroom Broccoli Stir Fry

*1 cup brown rice, uncooked *1 1/2 cups water *pinch of salt *1 cups walnuts, coarsely chopped *3 Tbsp. soy sauce *1 1/2 tsp. coconut oil *1 small onion, finely chopped *mushrooms *2 broccoli crowns, including stems, coarsely chopped *1 tsp. sesame oil
Add rice, water & salt to a small pot & bring to a boil. Cover, reduce heat to low & cook for 30 minutes. Rice should be al dente. In the meanwhile, preheat non-stick wok on low-medium heat, add walnuts & cook until golden brown, stirring frequently. In the last 30 seconds, stir in 1/2 Tbsp. soy sauce & transfer to a medium bowl & set aside. Return wok to low-medium heat, add 1/2 tsp coconut oil, onions & cook until translucent, stirring occasionally. Transfer to a bowl with walnuts. Increase heat to high, add 1/2 tsp coconut oil, mushrooms & cook until golden brown, stirring frequently. In the last 30 seconds, stir in 1/2 Tbsp. soy sauce & transfer to the same bowl. Add remaining 1/2 tsp coconut oil, broccoli & cook for a few minutes until softer but not overcooked. Transfer all ingredients from a bowl to the wok with broccoli; fluff rice with a fork & add to the wok; add peas, sesame oil, 2 Tbsp. soy sauce & green onions. Stir gently, remove from heat & serve hot.