

## Low Sugar Pickled Beets

\*1 ½ pounds beets, peeled & cut into ¼ inch slices \*1/2 Tbsp. pickling spice \*1 ½ cups distilled white vinegar \*1 ½ cup s water \*1 Tbsp. plus 1 tsp. sea salt \*1 Tbsp. sugar

Place a large bowl of ice water next to the stove. Bring a large pot of water to a boil. Add about a third of the beet slices, cover, return to a boil & cook for 5 minutes. Use a slotted spoon to transfer the beets to the ice water to cool. Repeat with the two remaining batches of beets. Drain the cooled beets & divide among 3 pint-size (2-cup) canning jars or similar-size tempered-glass or heatproof-plastic containers with lids. Add 1/4 teaspoon of pickling spice to each jar. Combine vinegar, 1 1/2 cups water, salt & sugar in a large saucepan. Bring to a boil & stir until the salt & sugar dissolve. Boil for 2 minutes. Remove from the heat.

(Thanks Kaye R., one of our customers, for this low sugar recipe)



“Sometimes the most productive thing you can do is relax”

Mark Black

## Roasted Beets with Feta

\*2 pounds beets \*1/4 cup onion \*1 tsp. dried parsley \*2 Tbsp. olive oil \*1 Tbsp. balsamic vinegar \*1 Tbsp. red wine vinegar \*salt & pepper to taste \*1/4 cup crumbled feta cheese

Preheat oven to 400 degrees. Wrap each beet individually in aluminum foil & place onto baking sheet. Bake beets in the preheated oven until easily pierced with a fork; 45 minutes to 1 hour. Once done, remove from oven & allow to cool. Peel beets & cut into ¼ inch pieces. While the beets are roasting, whisk together the onions, parsley, olive oil, balsamic vinegar & red wine vinegar in a bowl until well blended. Season with salt & pepper to taste & set aside. Place beets in a serving dish, pour vinaigrette over the beets & sprinkle with feta cheese.

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# We hope you have a relaxing Labor Day

## Leeks –

### your new best friend

We generally only eat the lower white & light green parts of the leeks. These can augment (or replace) onions in almost any dish. Cooked at a low heat, leeks slowly break down into a succulent base. Give it a try with pasta sauces, risottos & soups.

## Cucumber Salad

\*2 cucumbers, very thinly sliced \*1 leek, very thinly sliced \*2 Tbsp. vinegar or 2 Tbsp. lemon juice \*2 Tbsp. low-fat sour cream or 2 Tbsp. yogurt \*salt & pepper \*1/2 tsp. sugar \*1/2 tsp. dried dill Mix cucumbers & onions together. Mix rest of ingredients together in a closed bowl & give a shake. Add to cucumbers, chill till very cold & serve.

## Blistered Cherry Tomatoes

\*2 tsp. butter \*1 tsp. dried basil \*1 pint cherry tomatoes \*1/2 tsp. white vinegar \*salt & pepper to taste

Melt butter in skillet over medium high heat. Add the cherry tomatoes, basil & sugar. Cook for about 30 seconds & then season to taste with salt & pepper. Continue cooking for a few more seconds until the cherries have just started to blister.

## Grilled Potatoes

\*Potatoes \*1/2 Tbsp. dried parsley \*1/4 cup olive oil \*1/2 tsp. salt \*1/4 tsp. pepper

Place cleaned whole potatoes in a microwaveable dish. Cover loosely with plastic wrap & microwave on high 2 to 3 minutes.

Remove from microwave & cut potatoes in half. Combine olive oil, salt, pepper & parsley. Drizzle mixture over potatoes & toss gently to coat. Place the potatoes cut side down on a hot grill. After 4 minutes, flip the potatoes to continue cooking on the other side. (This recipe takes only 15-20 minutes – how easy!)



# Storage Tips

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

Cantaloupe: Whole, ripe honeydew melons can be stored in the refrigerator. Once cut, honeydew should be sealed in an airtight container or wrapped tightly and stored in the refrigerator

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

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.

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

Leeks - Refrigerate leeks in a plastic bag. Do not wash them until ready to use. Leeks can be easily frozen for later use in soups, stews or casseroles. To freeze: wash & chop leeks, spread in a single layer on cookie tray and freeze, then promptly place in airtight containers or heavy-duty freezer bags and return to freezer.

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