

## *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.

Kiwi: Store in a bag in the crisper drawer of the refrigerator.

Cauliflower - Store, stem-side down in a plastic bag in the refrigerator (stem-side down prevents moisture from collecting in the florets & possibly causing the head to spoil).

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.

Avocados - You can tell if an avocado is ripe by giving it a gentle squeeze — if it yields to that light pressure, it's ready to use. If your avocados are ripe, place them in a plastic bag in the refrigerator. If they are not ripe, place them in a brown bag at room temperature until ripe, then store in a plastic bag in 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.

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.

### *Sautéed Cabbage*

\*1 small head cabbage \*2 Tbsp. unsalted butter \*1 ½ tsp. salt \*1/2 tsp. pepper

Cut the cabbage in half &, with the cut-side down, slice it as thinly as possible around the core, as though you were making coleslaw. Discard the core. Melt the butter in a large sauté pan or heavy-bottomed pot over medium-high heat. Add the cabbage, salt & pepper & sauté for 10 to 15 minutes, stirring occasionally, until the cabbage is tender & begins to brown. Season, to taste & serve warm.

### *Mushroom & Avocado Melt*

\*2 sliced whole wheat bread \*1-2 slices mozzarella cheese \*3-5 mushrooms, sliced \*1/2 avocado, sliced \*mayonnaise \*mustard \*salt & pepper \*butter

Heat a large frying pan on medium. Butter one side of each slice of bread, place buttered sides down in pan. Add 1-2 slices of cheese to one slice of bread & top with mushrooms. Cook until cheese is melted & bread is golden brown. Take off heat add sliced avocado. Add salt & pepper. Spread a little mayo & mustard on inside of other piece of bread & place on top. Cut in half and ENJOY!

### *Avocado Kiwi Smoothie*

\*1/2 ripe avocado \*2 kiwi, peeled \*1/8 cup lime juice plus 1 Tbsp. \*1/8 cup to ¼ cup Almond milk \*honey to taste \*2-3 ice cubes

Place liquid in the blender first, then add your fruit & ice. Cover & start on low speed, increasing to high speed. Blend until creamy & smooth.

### *Southwestern Roasted Cauliflower*

\*1 head cauliflower \*1 tsp. olive oil \*1 tsp. chili powder \*1 tsp. ground cumin \*1/2 tsp. paprika \*1/4 tsp. salt

Preheat oven to 450 degrees F. Cut cauliflower into florets, about 1½-inches each. Transfer the florets to a bowl. Toss the cauliflower with the olive oil. In a small bowl, stir together the chili powder, ground cumin, paprika & salt. Pour the spice mixture over the cauliflower &, using your hands, toss to coat the cauliflower. Transfer the cauliflower to a baking sheet & roast the cauliflower, turning occasionally, until it is tender & golden brown, about 20 minutes. Serve.

### *Lemony Pasta & Cabbage*

\*1/4 cup olive oil \*4 cloves garlic, minced \*1/2 head cabbage, thinly sliced \*1 lemon, juiced \*salt & pepper to taste \*1 pound pasta \*1/4 to ½ cup roasted sunflower seeds, walnuts or pine nuts

In a large skillet, heat olive oil over medium high heat. Add garlic & sauté until fragrant, around 2 minutes. Add cabbage & sauté until wilted, stirring occasionally. Add lemon juice, salt & pepper to taste. Turn heat down to low, continue to cook until cabbage is lightly golden. Meanwhile, cook pasta of your choice according to package. When pasta is ready, reserve ¼ cup of pasta water. Drain & add pasta to a large dish, mix with cooked cabbage. Add ½-1/4 cup pasta water if needed for moisture. Top with, roasted nuts or seeds of your choice & salt & pepper as needed.

Enjoy!

“The littlest feet make the biggest footprints on our hearts”

Unknown

*Thank you from Garden to Doorstep Organics  
for all the well wishes at the arrival of our little ones*