

## Storage Tips

Oranges: Store unwashed in the crisper drawer of your refrigerator.

Grapefruit - Store the whole grapefruit in the crisper drawer of refrigerator until ready to eat.

Peppers - Store in plastic bag in the crisper drawer of refrigerator. To freeze: slice or chop peppers, 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.

Carrots with greens – Remove the greens from the carrots & store them separately. 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). Pat the greens dry with a paper towel. Wrap the greens in a paper towel & store in an airtight plastic contain (you can use a plastic bag too). Store in the refrigerator.

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

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

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.



## Antarctica called... they want their weather back!!

### Roasted Peppers, Onions & Carrots

\*1 lb. carrots, peeled & thinly sliced \*2 med. Onions, thinly sliced \*2 peppers, cut into 1/4" slices \*2 Tbsp. Italian dressing \*1/2 tsp. salt \*1/4 tsp. lemon pepper seasoning \*2 Tbsp. balsamic vinegar  
Preheat oven to 375 degrees. Line a large shallow baking pan with foil & spray with nonstick cooking spray. In a large bowl toss all ingredients together; spread on prepared baking sheet. Roast for 25 to 30 minutes, tossing after 15 minutes, until nicely browned & caramelized. Serve as a side dish, hot or at room temperature.

### Butternut Squash with Bow Tie Pasta

\*3 cups cubed butternut squash \*2 Tbsp. olive oil \*1/4 tsp. salt \*1/4 tsp. pepper \*1/2 cup walnut halves \*8 ozs. uncooked bow tie pasta \*1 1/2 cups veggie stock \*1 1/2 Tbsp. balsamic vinegar \*1 garlic clove, minced \*1 Tbsp. dried parsley \*1 tsp. dried sage \*1/2 cup grated Parmesan cheese  
Preheat oven to 400°. Combine squash, 1 Tbsp. olive oil, salt & pepper on a baking sheet; arrange in a single layer. Bake at 400° for 15 minutes or until tender. Add walnuts to baking sheet; bake at 400° for 5 minutes or until toasted. Cool slightly; coarsely chop walnuts. Cook pasta according to package directions, omitting salt & fat. Drain. Combine remaining 1 Tbsp. olive oil, stock, vinegar, & garlic in a large skillet over medium-high heat; simmer 8 minutes or until reduced to 1/2 cup. Combine pasta, squash mixture, walnuts, stock mixture, parsley & sage in a large bowl; toss to coat. Sprinkle with cheese.

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### Roasted Grape Tomatoes & Broccoli

\*2 bunches of broccoli, cut into 2 1/2 " long florets \*1 small onion, roughly chopped \*1 pint grape tomatoes, whole \*3 cloves garlic, roughly chopped \*1/2 tsp. red pepper flakes \*4 Tbsp. olive oil \*salt & pepper \*1/3 cup grated Parmesan

Preheat oven to 450 degrees F. Add broccoli to a large bowl. Add the onion, grape tomatoes, garlic & red pepper flakes with 4 Tbsp. oil in large bowl. Sprinkle with salt & pepper. Toss to coat & spread onto large baking sheet. Roast until the stems are tender-crisp & lightly golden brown, about 18 minutes. Grate the Parmesan over the broccoli while it's hot.

### Spice Roasted Peppers & Carrots

\*2 lbs. carrots, peeled, quartered & cut into 2" lengths \*2 peppers, sliced into 1/2 " strips \*2 tsp. olive oil \*1/3 tsp. dried thyme \*1 Tbsp. dried parsley \*salt & pepper to taste  
Preheat oven to 400 degrees. Spread olive oil in a sheet pan or a baking dish large enough to fit all of the carrots & peppers in a single layer. Place carrots & peppers in a large bowl & toss with olive oil, salt, pepper, & thyme. Slice peppers & carrots into half inch strips. Spread an even layer of your vegetables in the prepared pan or baking dish. Cover with foil & place in the oven for 30 minutes. Uncover, & if the carrots are not yet tender, turn the heat down to 375 degrees. Return to the oven for 10 to 15 minutes, or until tender. Add parsley, salt, & pepper & stir gently. Serve hot, warm or at room temperature.

### Carrot & Butternut Squash Soup - with Garlic Bread (Yum!)

For the Soup: \*1 squash, cut in half & seeds scooped out \*1 large carrot, cut into large pieces \*1 pepper, halved & seeds removed \*1/2 garlic head \*1/4 onion, finely diced \*1 Tbsp. olive oil \*1/2 cup milk \*2 cups veggie stock \*1/2 tsp. red pepper flakes  
For the Garlic Bread: \*1 (16 oz.) loaf of Italian or French bread \*1 stick unsalted butter, softened \*2 cloves garlic, smashed & chopped \*1/3 tsp. dried basil \*1/2 tsp. red pepper flakes \*1/4 cup grated Parmesan cheese

Preheat oven to 425. Place the halves of squash on a large baking sheet with the carrot, bell pepper, garlic & onion & drizzle with olive oil & season with salt & pepper, roast for 50-60 minutes until the squash is fork tender. Once cooked, remove the baking sheet from the oven. Scoop out the insides of the butternut squash & discard the skins. Transfer all the vegetables to a high powered blender & add the liquids & red pepper flakes. Start with 2 cups of stock & puree for 2-3 minutes until completely smooth. If you want a thinner soup, add more stock until it reaches the desired consistency. Transfer the liquids back into a pot & bring to a simmer. Season with salt & pepper & serve as needed with a side of garlic bread. For the garlic bread: Preheat oven to 350°F. Cut the bread in half, horizontally. Mix the butter, garlic & basil together in a small bowl. Spread butter mixture over the two bread halves. Place on a sturdy baking pan & heat in the oven for 10 minutes. Remove pan from oven. Sprinkle Parmesan cheese over bread if you want. Return to oven on the highest rack. Broil on high heat for 2-3 minutes until the edges of the bread begin to toast & the cheese bubbles. Watch very carefully while broiling. Remove from oven, let cool a minute, slice & serve.