

# Garden to Doorstep Organics

*“Happiness is catching snowflakes on your tongue”*

Sally from the  
Peanuts cartoon

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## Maple Roasted Squash Salad

\*1 small butternut squash, peeled & chopped \*1/2 Tbsp. olive oil \*1 Tbsp. maple syrup \*1 tsp. salt \*1/4 tsp. pepper \*about 7-8 cups of lettuce \*1/4 cup dried cranberries \*3/4 cup feta cheese For the maple mustard dressing: \*4 cloves garlic \*1 Tbsp. Dijon mustard \*1 Tbsp. brown grainy mustard \*2/3 cup maple syrup \*1/3 cup apple cider vinegar \*1 cup canola oil \*salt & pepper to taste Preheat the oven to 400. Place the squash on a large baking sheet. Add olive oil, maple syrup, salt & pepper & toss. Roast the squash for 25-30 minutes, turning once, until tender. Remove from the oven & cool to room temperature. While the squash is roasting, make the maple mustard dressing. Combine garlic, mustards, syrup, vinegar, salt & pepper in a blender or food processor. Blend until smooth. With the machine running, pour in oil in a slow steady stream to emulsify. You should have about 2 cups of dressing. You will not need it all for the salad. You can store the leftover dressing in the refrigerator for about two weeks. Place the lettuce in a large salad bowl & add the butternut squash, dried cranberries & feta cheese. Drizzle dressing over the salad to moisten & toss well. Serve immediately.

## Roasted Potato & Beet Soup

\*2 cups diced potatoes \*2 cups diced peeled beets \*olive oil \*salt & pepper \*1 stalk celery, diced \*1 onion, diced \*1 clove garlic, minced \*4 cups veggie broth \*1/2 tsp. dried thyme \*1 bay leaf \*1 1/2 cups milk \*1 Tbsp. lemon juice Preheat oven to 375 degrees F (190 degrees C). Place the potatoes & beets into a baking dish, drizzle with 1 Tbsp. olive oil & season with salt & pepper. Roast in the preheated oven until tender, about 1 hour; allow to cool. Heat 2 Tbsp. of olive oil in a large soup pot over medium heat & stir in the celery, onion & garlic. Cook, stirring often, until the onion is translucent, about 5 minutes. Mix in the cooked vegetables, broth, thyme & bay leaf, bring to a boil & reduce heat. Simmer until the celery is very tender, about 45 minutes. Remove from heat & discard the bay leaf. Puree the mixture in the pot with an immersion blender until very well blended; stir in the milk & lemon juice to serve.

## Broccoli & Potato Soup

\*2 Tbsp. butter \*1 onion, chopped \*2 cloves garlic, minced \*1 3/4 # broccoli, cut into small florets & stems \*1 1/2 # boiling potatoes, cubed \*3 cups veggie broth \*3 cups water \*1 3/4 tsp. salt \*1/4 tsp. pepper \*1/2 cup grated Parmesan In a large pot, melt the butter. Add the onion, stirring occasionally, until translucent, about 5 minutes. Add the garlic, broccoli stems, potatoes, broth, water, salt & pepper. Bring to a boil. Reduce the heat & simmer until the veggies are almost tender, about 10 minutes. In a food processor, pulse the soup to a coarse puree. Return pot & bring to a simmer. Add the broccoli florets & simmer until they are tender, about 5 minutes. Stir 1/4 cup Parmesan into the soup & top with the remaining cheese.

## Potatoes & Broccoli in foil

\*3 Tbsp. olive oil \*3 cloves garlic, minced \*1 Tbsp. Italian seasoning \*1/4 tsp. salt & pepper \*broccoli florets \*16 ozs. potatoes, diced \*1/4 cup Parmesan \*1 Tbsp. dried parsley Preheat oven to 400. Whisk together olive oil, garlic, Italian seasoning, onion powder & S&P. Cut four sheets of foil, about 12-inches long. Divide broccoli & potatoes into 4 portions & add to the center of each foil. Fold up all 4 sides of each foil packet. Spoon the garlic mixture over the broccoli & potatoes. Fold the sides of the foil up & seal closed. Place packets in a single layer on a baking sheet. Place into oven & bake until tender, about 12-14 minutes. Sprinkle with Parmesan & parsley.

## Pear Salad with Walnuts

VINAIGRETTE: \*1/3 cup olive oil \*2 1/2 Tbsp. balsamic vinegar \*1 Tbsp. honey \*1 tsp. Dijon mustard \*1 1/2 Tbsp. finely diced onion \*salt & pepper SALAD: \*1/2 cup chopped walnuts \*1 Tbsp. butter \*1 Tbsp. packed light brown sugar \*7 ozs. lettuce \*2 ozs. Parmesan cheese, grated \*2 pears, sliced thin \*1/3 cup dried sweetened cranberries To a blender add olive oil, balsamic vinegar, honey, Dijon mustard, diced onion & season with salt & pepper to taste. Blend mixture until well emulsified, about 20 seconds. Store in refrigerator in an airtight container until ready to serve. In a medium skillet melt butter along with brown sugar over medium heat. Once mixture has melted add walnuts & cook, stirring constantly until caramelized, about 2 minutes. Transfer to a plate in a single layer to cool. Layer lettuce & pears in a large bowl & toss with dressing. Top with parmesan, dried cranberries & candied walnuts & serve. (Note: top this salad with dressing just before serving as it will wilt the lettuces after a while).

The impact of pesticides consists of the effects of pesticides on non-target species. Over 98% of sprayed insecticides & 95% of herbicides reach a destination other than their target species, because they are sprayed or spread across entire agricultural fields. Runoff can carry pesticides into aquatic environments while wind can carry them to other fields, grazing areas, human settlements & undeveloped areas, potentially affecting other species. Other problems emerge from poor production, transport & storage practices. Over time, repeated application increases pest resistance, while its effects on other species can facilitate the pest's resurgence. Source: Wikipedia

## Storage Tips

Honeydew Melons: 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.

Pears - Store at room temperature until ripe — to hasten ripening, place pears in a paper bag at room temperature. Once ripe, place pears in a plastic bag and refrigerate.

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.

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.

Lettuce: Pat the lettuce dry with a paper towel. Wrap lettuce in a paper towel & store in an airtight plastic contain (you can use a plastic bag too). Store 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.

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