

## Storage Tips

Watermelon: A ripe watermelon will have a yellowish-white resting spot, opposed to a white or pale green spot (where the melon rested on the ground). If it is not yet ripe, give it a few days. Also, a soft “give” when you press the blossom end of the melon (opposite the stem end), indicated ripeness. Store watermelon in the refrigerator & once cut, be sure to wrap in plastic or foil & store in refrigerator.

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.

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.

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

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

Celery: wrap the celery up tightly in aluminum foil, and place in the refrigerator crisper drawer.

Zucchini: wrap the celery up tightly in aluminum foil, and place in the refrigerator crisper drawer.

# Happy Halloween from Garden to Doorstep Organics

## Avocado Pasta

\*8 ozs. dry pasta \*1 medium tomato, diced \*1 avocado  
\*1/4 tsp. finely grated garlic \*juice from quarter of a  
lemon \*salt & pepper to taste

Bring a pot of salted water to the boil & cook pasta  
according to package directions. Once cooked, reserve  
1/2 cup of hot pasta water then drain pasta. Mash  
avocado in a large bowl. Stir in the garlic & lemon juice  
then season with salt & pepper, to taste. Stir in a 1/4-  
cup of the reserved pasta water. Add pasta & tomatoes  
then toss until the sauce coats the pasta. If the sauce is  
too thick add a little more pasta water.

## Avocado, Cucumber & Celery

### Salad in Sesame Soy

Salad: 1 cucumber, peeled & sliced \*6 stalks  
celery, thinly sliced \*1 avocado, diced

Dressing: \*2 Tbsp. sesame oil \*3 Tbsp. rice  
vinegar \*1 1/2 Tbsp. soy sauce \*2 Tbsp. sesame  
seeds \*1/2 Tbsp. grated ginger \*2 Tbsp. fresh  
lemon juice

In a large bowl, combine all of the Salad  
ingredients. In a small bowl combine all of the  
Dressing ingredients except sesame oil. Slowly  
whisk sesame oil into combined ingredients until  
well combined. Pour over salad & toss well.

## Lentil Celery Salad

Salad: \*1 cup whole dried green lentils \*1 bay leaf \*1 whole garlic clove \*4 large celery stalks, chopped into bite size pieces Dressing: \*1/2 small onion, finely chopped \*1 Tbsp. lemon juice \*2 tsp. dried mustard \*5 Tbsp. sherry vinegar (or white wine vinegar) \*5 Tbsp. olive oil \*1/4 tsp. salt \*1/8 tsp. pepper

Place lentils, bay leaf & garlic in a medium sauce pan & cover by at least 2" with cold water. Bring to a boil & boil for 5 minutes. Reduce heat to a simmer & cook for 20 minutes, or until lentils are cooked (tender with a tiny bit of bite in the center). Drain, rinse & discard bay leaf and garlic. Let lentils cool. Place all the ingredients for the dressing in a small bowl or a jar & mix until well combined. Toss celery & lentils together with desired amount of dressing.

## Chocolate Avocado Pudding (Give this a try. It is really good.)

\*2 avocados, peeled, pitted & cubed \*1/2 cup unsweetened cocoa powder \*1/2 cup brown sugar \*1/3 cup  
coconut milk \*2 tsp. vanilla extract \*1 pinch ground cinnamon

Blend avocados, cocoa powder, brown sugar, coconut milk, vanilla extract & cinnamon in a blender until  
smooth. Refrigerate pudding until chilled, about 30 minutes.

## Zucchini Skillet

\*1 Tbsp. butter \*1 Tbsp. olive oil \*2-3 zucchini, cut  
into slices \*1 onion, sliced \*1 tomato, cut into thin  
wedges \*1 tsp. dried thyme \*salt & pepper to taste  
Add butter & olive oil to a skillet over medium  
heat. Add zucchini & onion & cook until zucchini  
slightly tender & onion begins to turn translucent,  
about 3 minutes. Add tomatoes, salt & pepper.

**One of our classic Halloween animals, the BAT, is becoming more & more affected by the pesticides applied to many crops. When foraging at dusk, bats can be exposed to agricultural chemicals by eating insects recently sprayed with pesticides. They can also encounter pesticides through drift & inhalation, as farmers often spray their fields at night to avoid harming honey bees. Researchers indicate that we have not adequately considered these important pollinators when reviewing the safety of a pesticide. Bats can live up to 20 years, giving the animal a much longer time for their bodies to accumulate toxic levels of pesticides. Also, researchers note that their low reproductive rates (usually a single offspring per year) require high adult survival to avoid population declines & dictate slow recovery of impacted populations. Insect eating bats also play an important economic role in agriculture & timber production. A 2011 study in the journal Science found the value of bat's pest-control services to agricultural operations in the U.S. ranges from \$3.7 billion to \$53 billion per year. As neonicotinoid insecticide use really ramped up in the early to mid 2000s, white nose syndrome (WNS), an easily spreading fungal virus, started decimating hibernating bat populations. In 2012, the U.S. Fish & Wildlife Service estimated up to 6.7 million bats died due to the new pathogen. That's a blow to the food system since bats are free forms of pollination & organic insect control.**

Source: BeyondPesticides.org & Rodalenews.com.