

Storage Tips

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

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

Kale - Refrigerate in plastic bag; do not wash until ready to use.

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).

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

Eggplant: Punch some holes in a plastic bag. Wrap the eggplant in paper towel & place in the plastic bag. Store in the crisper drawer of the 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.

Garden to Doorstep Organics

Start the new year with a resolution you
can keep....Eating convenient, healthy,
chemical free fruits & veggies!

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Apple & Avocado Salad

*2 avocados, halved, peeled, pitted & sliced *2 apples, cored & sliced *1 tsp. Dijon mustard *2 Tbsp. lemon juice *4 Tbsp. olive oil *1/2 Tbsp. dried parsley *1/4 cup almonds, slivered & toasted *salt & pepper
Place apples & avocados in a bowl, set aside. Mix mustard, olive oil & lemon juice in a small bowl & season with salt & pepper. Mix with whisk until thickened. Pour dressing over salad & sprinkle with parsley & almonds. Mix & serve.

Roasted Tomato & Eggplant Pasta

*1 eggplant, cut into 3/4 inch cubes *2 Tbsp. olive oil *salt & pepper *1 cup cherry tomatoes, halved *1 tsp. olive oil *1/2 pound whole wheat orzo *1/3 cup crumbled feta *1 Tbsp. dried basil *1 Tbsp. dried parsley *2 Tbsp. pine nuts roasted *2 Tbsp. olive oil *1 Tbsp. lemon juice *2 cloves garlic, minced *1/4 tsp. salt *1/8 tsp. red pepper flakes *pepper to taste
Preheat oven to 400 degrees. Line 2 baking sheets with parchment paper. Toss the cubed eggplant with 2 Tbsp. olive oil & a sprinkle of salt & pepper. Arrange in a single layer on the baking sheet. Roast eggplant until tender & deeply golden, about 25 minutes, tossing half way. On the other baking sheet, toss the halved tomatoes with 1 tsp. olive oil & a sprinkle of salt & pepper. Roast until the tomatoes are tender & a little wrinkled, about 12 minutes. Bring a large pot of salted water to a boil. Add the orzo, stir & cook until al dente, about 9 minutes. Reserve 1 cup of cooking water, then drain the orzo & transfer to a large serving bowl. To prepare the dressing, whisk together 2 Tbsp. olive oil, 1 Tbsp. lemon juice, 2 cloves minced garlic, 1/4 tsp. salt, 1/8 tsp. red pepper flakes & pepper to taste. Drizzle it over the warm orzo & toss to coat. Add the eggplant, tomatoes, feta, basil, parsley & pine nuts. Toss to combine. If the paste seems dry, add a couple Tbsp. of the reserved pasta cooking water and/or olive oil. Add salt & pepper as desired & serve immediately.

"The bad news is time flies.

The good news is you're the pilot"

Michael Altshuler

Chickpea, Kale & Eggplant Curry

*1 onion *4 cloves garlic *1 inch fresh ginger *cayenne pepper to taste *2 Tbsp. coconut oil *1 eggplant *1 Tbsp. ground turmeric *1 Tbsp. ground coriander *1 tsp. salt *3/4 cup chopped tomatoes *1/2 can chickpeas, drained *1 cup kale, chopped *2 Tbsp. peanut butter *pepper to taste *1 cup white rice
Dice onion into small pieces, crush the garlic cloves & grate the ginger. Heat coconut oil in a pan on a medium heat. Add onion, garlic, ginger & sauté for 1-2 minutes. Add the rest of the spices & salt to the pan, cook for about 40 seconds until the spices are mixed through. Chop eggplant into small cubes. Add the diced eggplant & chickpeas & stir through the spices until evenly coated, add more oil if needed. Cook for about 1 minute. Add the tomatoes, cover & cook on a low heat for 20 min. Add the peanut butter & kale, cook covered under lid for another 10 minutes until kale is cooked. Check seasoning & add more to taste if needed. Serve with or without rice.

Parmesan Garlic Cauliflower

*1 1/2 Tbsp. olive oil *2 cloves minced garlic *1/2 tsp. dried oregano *1/4 tsp. dried thyme *1/4 tsp. dried rosemary *1/4 tsp. dried parsley *1 head cauliflower, cut into 1/2 inch slices *salt & pepper to taste *1/4 cup parmesan cheese
Preheat oven to 400 degrees F. Lightly oil a baking sheet or coat with nonstick spray. In a small bowl, combine olive oil, garlic, oregano, thyme, rosemary & parsley. Place cauliflower slices in a single layer onto the prepared baking sheet. Brush each slice with the olive oil mixture on both sides; season with salt & pepper, to taste. Place into oven & bake until golden brown, about 20-25 minutes, flipping halfway. Serve immediately, sprinkled with Parmesan.