

## *Storage Tips*

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

Apples - Place them in the crisper drawer in a plastic bag with holes in it or cover the apples with a damp paper towel.

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).

Carrots - 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). Carrot greens are edible & good for you. They can be chopped up and added to soups, stews or casseroles.

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.

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

Spinach: Store spinach wrapped in paper towels -- damp or dry -- in resealable plastic bag. Kept in the crisper drawer or on a shelf in the refrigerator.

# Garden to Doorstep Organics

*gardentodoorsteporganics.com*

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## *Lentils & Spinach*

\*1 Tbsp. olive oil \*2 onions, halved & sliced into ½ rings \*3 cloves garlic, minced \*1/2 cup lentils \*2 cups water \*spinach \*1 tsp. salt \*1 tsp. ground cumin \*pepper to taste \*2 cloves garlic, crushed

Heat oil in a heavy pan over medium heat. Sauté onion for 10 minutes or so, until it starts to turn golden. Add minced garlic & sauté for another minute or so. Add lentils & water to saucepan. Bring mixture to a boil. Cover, lower heat, & simmer about 35 minutes, until lentils are soft (this may take less time, depending on your water & the lentils). Add spinach, salt & cumin to the saucepan. Cover & simmer until heated through. Put in plenty of pepper & add extra garlic to taste.

## *Potato Soup*

\*3 Tbsp. olive oil \*1 large onion, chopped \*6 potatoes, peeled & diced \*2 carrots, diced \*2 stalks celery, cut into small pieces \*3 cups water \*2 Tbsp. vegetable bouillon cubes \*Pepper to taste \*3 Tbsp. flour \*3 cups milk \*1 Tbsp. dried parsley \*1/4 tsp. dried thyme

Heat the olive oil in a saucepan over medium heat. Stir in onion. Cook & stir until the onion has softened & turned translucent; about 5 minutes. While the onions are cooking, place the diced potatoes, carrots, celery, water & veggie base in another pot & bring to a boil. Cook until vegetables are tender, about 10 minutes. Do not overcook. Season with pepper to taste. Add flour to the cooked onions to make a paste. Cook, stirring constantly, for 2 minutes. Gradually add the milk & stir well. Cook over low heat stirring constantly until warmed through. Add the potato & carrot mixture. Stir in the parsley & thyme & heat through. Serve hot.

## *Pasta with Spinach & Feta*

\*8 ozs. mostaccioli or penne pasta \*2 Tbsp. olive oil \*1 can diced tomatoes \*10 ozs. spinach, washed & chopped \*1 clove garlic, minced \*8 ozs. feta cheese \*salt & pepper to taste

Cook pasta according to package directions. Drain & set aside. Heat oil in a large pot. Add tomatoes, spinach & garlic. Cook & stir for 2 minutes, or until spinach is wilted & mixture is thoroughly heated. Add pasta & cheese; cook 1 minute. Season to taste with salt & pepper.

## *Irish Root Soup*

\*3 Tbsp. olive oil \*1 onion, chopped \*4 gloves garlic \*5 cups veggie stock \*5 potatoes, peeled & cubed \*1 ¼ cup sliced carrots \*3/4 cup 1% milk \*3/4 Tbsp. cornstarch \*S&P to taste \*6 Tbsp. cheddar cheese

Heat the oil in a stockpot over med heat. Fry the onions & garlic in butter; about 10 minutes. Pour 4 cups veggie stock into the stockpot. Add potatoes. Bring to a boil & reduce heat to med-low. Cook for 20 minutes. Divide stock into 3 batches with equal amounts of veggies & liquid. Set aside to cool for 30 minutes. Puree 2 ½ of the batches separately in a blender & return to the stockpot. Return the remaining ½ un-pureed batch to the stockpot also. Bring 1 cup veggie stock to a simmer in a small pot over med-low heat. Cook the carrots in the stock for 5-7 minutes. Add this mixture to the stockpot. Mix the 1% milk & cornstarch together & stir it through the puree; cook for 5 minutes. Season with S&P & cheese.

## *Italian Roasted Cauliflower*

\*1 head cauliflower, cut into florets \*1 stalk celery, cut into small pieces \*1 onion, sliced \*1 Tbsp. basil \*3 Tbsp. balsamic vinegar \*2 Tbsp. white wine vinegar \*2 tsp. olive oil \*salt & pepper to taste

Combine the cauliflower, celery, onion, basil, vinegars & olive oil in a large resealable bag & shake bag to evenly coat. Allow to marinate in the refrigerator 1-2 hours, turning bag occasionally. Preheat oven to 450 degrees. Open the bag & season with salt & pepper. Reseal the bag & shake again to coat. Pour into a glass baking dish. Bake until tender, about 30 minutes, stirring occasionally.