

Storage Tips

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

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

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

Broccolini - To store, mist the unwashed heads, wrap loosely in damp paper towels, and refrigerate. You can also store unwashed broccolini in a plastic bag in the refrigerator.

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.

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

Zucchini: Store in the crisper drawer of your refrigerator. Wash just before use.

Brussels sprouts: Store unwashed in sealed plastic bag in the crisper drawer of the refrigerator.



Show your family you love them by feeding them healthy organic produce

Spaghetti with Grape Tomatoes & Broccolini

*12 ozs. spaghetti *1 bunch broccolini, ends trimmed & cut into long florets *2 tsp. olive oil *3 cloves garlic, thinly sliced *grape tomatoes, halved *1 Tbsp. balsamic vinegar *1 tsp. basil

Cook pasta in salted boiling water following packet directions or until al dente, adding broccolini in last 2 minutes of cooking. Drain, reserving ¼ cup of the cooking liquid. Return pasta mixture to the pan. Meanwhile, heat oil in a non-stick frying pan over medium heat. Add garlic & cook, stirring, for 30 seconds or until aromatic. Add the tomatoes & cook, stirring occasionally, for 2-3 minutes or until tomato softens slightly. Add the tomato mixture, balsamic vinegar & basil to the pasta mixture. Toss to combine. Add enough of the reserved cooking liquid to coat the pasta. Season with pepper. Divide the pasta mixture among serving bowls. Season with pepper. Sprinkle with remaining basil to serve.

Garden to Doorstep Organics

Vegan Zucchini "Meatballs"

*1 can chickpeas, drained & rinsed *3 cloves garlic *1/2 cup rolled oats *1 tsp. dried basil *1 tsp. dried oregano *1/2 tsp. salt *2 Tbsp. nutritional yeast *juice of ½ lemon *1 cup shredded zucchini *32 ozs. marinara *8 ozs. whole grain pasta

In the bowl of a food processor, combine the drained & rinsed chickpeas, garlic cloves & rolled oats. Pulse for about 5-10 seconds, until finely chopped. When you press the mixture between your fingers, it should hold together. Transfer to a large bowl along with the dried herbs, salt, nutritional yeast, lemon juice & shredded zucchini. Do not use more than 1 cup of shredded zucchini. Stir together until well-combined. If the mixture is too wet to handle, add a little flour (you can grind extra oats into a flour) or nutritional yeast to help absorb excess moisture.

Preheat the oven to 375°F then line a baking sheet with parchment paper. Using your hands, scoop out one heaping Tbsp. of the zucchini mixture at a time & roll into 12 separate balls.

Arrange on the baking sheet a few inches apart then bake in the oven for 25 minutes.

Meanwhile, cook pasta as directed. Once the zucchini balls are light golden brown, remove them from the oven & set aside. Serve warm over cooked pasta with marinara sauce.



Spaghetti Squash

*1 spaghetti squash, halved lengthwise & seeded *2 Tbsp. vegetable oil *1 onion, chopped *1 clove garlic, minced *1 ½ cups chopped tomatoes *3/4 cup crumbled feta cheese *3 Tbsp. sliced black olives *1 tsp. dried basil

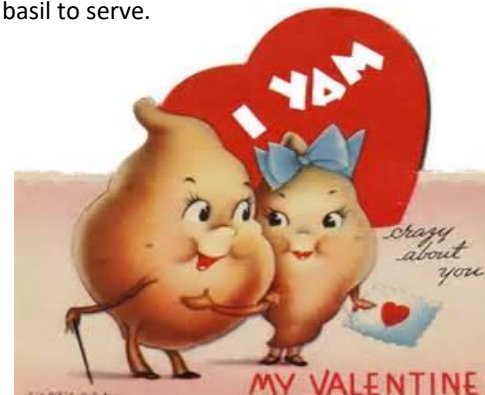
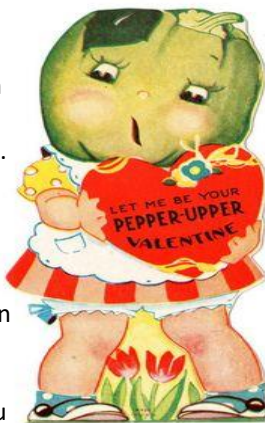
Preheat oven to 350 degrees. Lightly grease a baking sheet. Place spaghetti squash with cut sides down on the prepared baking sheet & bake 30 minutes,

or until a knife can be inserted with only a little resistance. Remove squash from oven & set aside to cool enough to be easily handled. Meanwhile, heat oil in a skillet over medium heat. Cook & stir onion in oil until tender. Add garlic; cook & stir until fragrant, 2 to 3 minutes. Stir in tomatoes & cook until tomatoes are warmed through. Use a large spoon to scoop the stringy pulp from the squash & place in a medium bowl. Toss with the vegetables, feta cheese, olives & basil. Serve warm.

Baked Parmesan Zucchini Rounds

*2 medium sized zucchini *1/2 cup freshly grated Parmesan cheese *salt & pepper

Place oven rack in center position of oven. Preheat to 425°F. Line a baking sheet with foil (lightly misted with cooking spray) or parchment paper. Wash & dry zucchini & cut into 1/4-inch thick slices. Arrange zucchini rounds on prepared pan, with little to no space between them. If desired, lightly sprinkle zucchini with garlic salt & pepper. Use a small spoon to spread a thin layer of Parmesan cheese on each slice of zucchini. Bake for 15 to 20 minutes, or until Parmesan turns a light golden brown. (Watch these closely the first time you make them & pull them out of the oven early if the Parmesan is golden before 15 minutes!) Serve immediately.



Check this out!

Bolder, brighter, and richer in nutrients than your basic penne pasta, spaghetti squash is the perfect addition to an easy family dinner. One cup of cooked spaghetti made from white, enriched noodles, contains approximately 220 calories, 42 grams of carbohydrates and very few nutrients. Comparably, one cup of cooked spaghetti squash provides about 42 calories, 10 grams of carbohydrates, and a host of important nutrients such as vitamin A and potassium. If you are worried that spaghetti squash won't fill you up, think again! The fiber content of spaghetti squash and enriched spaghetti is very similar, providing just over two grams per cup. This means that spaghetti squash provides the same fiber content for less calories, helping you feel just as full without eating hundreds of calories. Source: doctoroz.com

Shredded Gingered Brussels Sprouts

*1 pound Brussels sprouts *1 Tbsp. olive oil *1 small onion, finely chopped *1 Tbsp. minced gingerroot *1 clove garlic, minced *1/2 tsp. salt *2 Tbsp. water *1/4 tsp. pepper

Trim Brussels sprouts. Cut sprouts lengthwise in half; cut crosswise into thin slices. Place a large skillet over medium-high heat. Add Brussels sprouts; cook & stir 2-3 minutes or until sprouts begin to brown lightly. Add oil & toss to coat. Stir in onion, ginger, garlic & salt. Add water; reduce heat to medium & cook, covered, 1-2 minutes. Stir in pepper.

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