

Storage Tips

Bananas - Store in a cool area. Do not refrigerate. Wrap the stems of the bananas with plastic wrap.

Mangoes: If a mango is ripe, it will give slightly when you press on it. If the mango is ripe, place in a plastic bag and refrigerate. Keep unripe mangoes at room temperature & then refrigerate in plastic bag once ripe. To speed up ripening, place mangoes in a paper bag at room temperature.

Carrots with greens – Remove the greens from the carrots & store them separately. 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). Pat the greens dry with a paper towel. Wrap the greens in a paper towel & store in an airtight plastic contain (you can use a plastic bag too). Store in the refrigerator.

Mushrooms - Prepackaged **mushrooms** should stay in the package, but loose **mushrooms** or those in an open package should be stored in a paper bag or in a damp cloth bag in the refrigerator. Do not place in plastic bag.

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

Asparagus: Fill a jar with an inch or two of water. Store the asparagus upright in the jar. Cover with a plastic bag & place in the refrigerator. Change water when it gets cloudy.

Artichokes: Sprinkle with a few drops of water and store in a perforated plastic bag in the coldest part of the refrigerator for up to 1 week.

Mango Frosty

*3 bananas *2 cups mango cubes, frozen *1/4 cup coconut, soy or almond milk *1 Tbsp. honey *1 tsp. vanilla extract *1/8 tsp. salt *1 tsp. lime juice

Thinly slice the bananas & freeze. For ease, freeze in a single layer on a strip of parchment paper. This is a really great job for kids to help with. Freeze for at least 1 hour. In a food processor blend together all of the ingredients. It should take a few minutes & you will need to stop & stir several times. Eat right away.

Roasted Asparagus & Mushroom

*1 bunch asparagus, trimmed *1 pint mushrooms, quartered *1 tsp. dried rosemary *2 tsp. olive oil *salt & pepper to taste
Preheat oven to 450 degrees F. Lightly spray a cookie sheet with vegetable cooking spray. Place the asparagus & mushrooms in a bowl. Drizzle with the olive oil, then season with rosemary, salt & pepper; toss well. Lay the asparagus & mushrooms out on the prepared pan in an even layer. Roast in the preheated oven until the asparagus is tender, about 15 minutes.

Garden to Doorstep Organics

Fresh Artichoke dip

*1 artichoke *1 small lemon *1 ½ Tbsp. minced garlic *1 bay leaf *1/2 tsp. thyme *1/2 tsp. parsley *1 tsp. salt *1 Tbsp. Dijon mustard *1/2 c sour cream *1/2 Parmesan cheese *1 c shredded mozzarella cheese *1/2 c mayo *1-2 Tbsp. butter *1/4 c finely chopped onions *1/4 tsp. red pepper flakes (opt)

Trim & clean fresh artichoke leaving stem on. Add two slices of lemon, 1 Tsp. of minced garlic, salt, bay leaf, pinch of black pepper to boiling water (enough water to cover the whole artichoke in the pot) Squeeze the rest of lemon juice in to water. Boil at a high simmer for 25-40 mins. Fresh artichoke is done when you poke through the stem with a knife. To get the heart of the artichoke, pull off outer petals, one at a time. You can scrape the white fleshy end with a spoon & use this for your dip. This is tedious work. Continue peeling until all of the petals are removed. With a knife or spoon, scrape out & discard the inedible fuzzy part, the "choke". This fuzzy part covers the artichoke heart. The remaining bottom of the artichoke is the delicious and tender heart. Cut into pieces for this recipe. Add butter to skillet & sauté onions & 1/2 T of minced garlic just until soft. Pre heat oven at 400. In a mixing bowl add

Excellent Stuffed Artichoke Recipe

*2 artichokes, washed & dried *1/2 cup lemon juice *5 Tbsp. finely chopped onions *1/2 cup plus 3 Tbsp. unsalted butter *3 Tbsp. garlic, minced *1/3 cup dry white wine *4 cups bread crumbs *2 Tbsp. dried parsley *1 Tbsp. Parmesan cheese, finely grated *salt & pepper

Fill a steamer pot with a few inches of water & place a steamer basket on top. Cover & bring to a boil. Turn the heat to low & let simmer. Cut off about 1-inch from the top of each artichoke & enough off of the bottom to form a nice base. Remove any tough outer leaves. Use kitchen scissors to cut off the sharp tips of the leaves. Pull the leaves away from the middle of the artichoke -- just enough so that you can see down to the choke. Use a spoon to reach down & gently scrape away all of the fuzz, to reveal a clean heart. Drizzle about 1 Tbsp. of the lemon juice over each one. Place the artichokes, stem-end up, in the steamer basket, cover & steam until they are tender, about 20 minutes. (They'll finish cooking in the oven.) Check for doneness by pulling off an outer leaf — it should come off fairly easily. Set them aside to cool. While the artichokes are steaming, preheat the oven to 375 degrees F. Melt butter in a large sauté pan over low-medium heat. Let it simmer until it begins to brown, about 3 minutes. Add the onions & garlic & cook until soft, about 3 minutes. Pour in about ½ cup of lemon juice & the wine. Stir & let this simmer on low heat for about 4 minutes. Add the bread crumbs & parsley, stir to blend & remove from the heat. Season to taste with salt & pepper & set aside to cool. Place the artichokes, sitting on their bases, in a baking dish. Use a spoon to fill the center of each artichoke with the stuffing -- fill it to maximum capacity! Then fill all of the spaces between the leaves as much as possible. Sprinkle the top of each one with about half of the Parmesan. Place the stuffed artichokes in the preheated 375 degree F oven & bake until the breadcrumbs are golden & the cheese has melted, 15 to 20 minutes.

Eating artichokes is a fun & unique experience. It can be fun to serve for kids or at a small get together. After you have microwaved them, dip individual petals into your choice of dip and scrape off the "meat" at the tip through clenched teeth. Discard the petal in a scrap bowl and repeat. When you reach the heart of the artichoke (the best part, in our opinion), gently scoop out the fine fuzzy hairs with a spoon or knife, slice it into bite sized pieces, and dip.

Thai Cucumber Salad

*1/3 cup rice vinegar *2 Tbsp. sugar *1/2 tsp. toasted sesame oil *1/4 to ½ tsp. red pepper flakes *1/2 tsp. salt *2 cucumbers *1/2 cup finely minced onion *1/4 cup chopped peanuts

In a small bowl, combine the rice vinegar, sugar, sesame oil, red pepper flakes & salt. Set the dressing aside to give it time to blend. Peel & slice the cucumber & place in a large bowl. Chop the peanuts into smaller pieces, if desired. Add the dressing, peanuts & onions to the sliced cucumbers. Stir to combine. Serve immediately or refrigerate until ready to eat. Give the salad a brief stir before serving to redistribute the dressing & flavors.

sour cream, mayo, parmesan cheese, Dijon mustard, parsley, thyme, only 1/2 cup of mozzarella cheese, sautéed onions & garlic, and prepared cooked artichokes. Mix well add to small baking dish top with remainder of mozzarella cheese. Bake at 400 for 10-12 mins then turn on broiler for an extra 5 mins until cheese is bubble & melted. Serve with French bread, chips or crackers.

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Don't be afraid of Artichokes

The Artichoke is actually the bud of a plant from the thistle family and at full maturity, the plant grows to a width of about six feet and a height of three to four. If not harvested from the plant, the bud will eventually blossom into a beautiful, blue-violet flower, which is not edible. The immature bud is the part that is eaten. To store an artichoke, slice a dime width off of the Artichoke stem, sprinkle the raw Artichoke stems with water & refrigerate them in an airtight plastic bag. It's best to cook them within five to seven days.

Microwaving Artichokes is fast, easy & has very little clean up. First tap the choke upside down in the sink to remove any dirt or debris from between the leaves & rinse under running water. Then, soak artichokes in water, stem up, for about 10 minutes. Rinse them in cold water & cut off enough of the stem for them to sit flat. Wrap them from the top to the stem in plastic wrap. Set them in a microwavable bowl & cook on high for about 8 minutes. Let them rest for 2 minutes before removing them from the microwave. They are then ready to eat.



Artichoke thistle in full flower

Tasty Artichoke Dips:

Parmesan Butter Sauce – Melt 2 Tbsp. of butter in a saucepan. Remove from heat & whisk in 2 Tbsp. olive oil, ¼ cup grated Parmesan cheese, pinch of lemon zest, 1 small garlic clove, minced & a pinch of salt. Serve warm.

Balsamic Mustard Sauce – Place the following in a small bowl & whisk until incorporated. 2 Tbsp. Balsamic vinegar, 2 Tbsp. olive oil, 1 Tbsp. Dijon mustard & a pinch of salt.

Lemon & Herb Butter Sauce – Melt 4 Tbsp. of butter in a small saucepan. Remove from heat & whisk in 1 small clove of garlic, minced, 1/8 tsp. each of dried thyme, oregano & basil, 1 Tbsp. lemon juice & a pinch of salt & pepper.

You want me to eat
artichokes?!!!



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