

Cucumber Avocado Egg Salad

*6 eggs, hard boiled *1 cucumber *1 avocado *1/4 cup mayo *1/2 tsp. paprika

Hard boiled eggs: bring water to boil in a medium pot (enough to cover the eggs). Add eggs carefully, using a large spoon, so you don't crack the eggs. Cover, boil for about a minute & turn off the heat. Leave the pot on the same burner but with heat turned off. Let eggs sit in the pot for about 20-25 minutes. Peel & dice hard boiled eggs. Add them to a mixing bowl. Peel cucumber, cut it in half lengthwise & scoop out the seeded center, leaving just the outer meat. Dice the cucumber & add it to the eggs. Cut avocado in half. Take out the pit & gently cut avocado meat lengthwise, then width-wise, not cutting through the avocado skin. Gently peel avocado skin off the meat & add avocado cubes to the mixing bowl. Add paprika, salt & mayo. Very gently, fold the salad, mixing all ingredients until combined.

Avocado Toast

*4 slices whole grain bread *1 avocado, halved & pitted *1 Tbsp. dried parsley *1 ½ tsp. olive oil *1/2 lemon, juiced *1/2 tsp. salt *1/2 tsp. pepper *1/2 tsp. onion powder *1/2 tsp. garlic powder

Toast bread in a toaster or toaster oven. Scoop avocado into a bowl. Add parsley, olive oil, lemon juice, salt, pepper, onion powder & garlic powder; mash together using a potato masher. Spread avocado mixture into each piece of toast.

Mushroom Barley Soup

*6 cups veggie broth *1 carrot, thinly sliced *1 small onion, finely chopped *3/4 pound mushrooms, thinly sliced *1 celery rib, thinly sliced *1/2 cup barley *salt & pepper

In a large saucepan, combine the beef stock with the carrot, celery, onion, mushrooms & barley & season with salt & pepper. Bring to a boil, cover partially & cook over moderately low heat until the barley & vegetables are tender, 30 minutes. Season the soup with salt & pepper.

BBQ Tofu with Asparagus & Mushrooms

*14 oz. extra firm tofu *2 Tbsp. olive oil *salt & pepper *6 asparagus spears, cut into pieces *8 oz. mushrooms, halved *cooked rice *BBQ sauce

Simply cut extra firm tofu into cubes & lay on paper towels to dry for a few minutes. Toss the cubes with a little oil, salt & pepper & roast on a foil-lined baking sheet for about 15 minutes at 425. The tofu won't be done at this point, but this is when you add your veggies – thinly sliced onion, asparagus spears & halved mushrooms. Toss everything with a little more oil then roast another 15 minutes. Remove from oven, drizzle your favorite jarred or homemade sauce over the baking sheet and toss to combine. Serve this mixture over rice, as you would stir-fry.

St. Patrick's Day

Garden to Doorstep Organics

Why your Carrots should be Organic Carrots

Carrots are a very healthy food but they have a big problem if they are conventionally grown carrots and not organic. The very same reason that makes carrots so nutritious – their ability to absorb up so many nutrients from the soil – is also the reason why they are so good at absorbing up pesticides and even heavy metals from the ground they're in. Farmers report that when they are having trouble growing vegetables in a field, they put carrots in for a season and they'll absorb up all the 'junk' from the ground so other vegetables can grow again. Carrots tend to absorb pesticides from the soil in which they are grown. Testing shows that conventionally grown carrots often contain a wide variety of pesticide residues. Some of these pesticides are pretty nasty too. Some are known carcinogens and neurotoxins as well as suspected hormone disruptors. A few have been banned for being too dangerous, but are still turning up in testing years and even decades later. Others are said to be tolerable at certain levels, but the truth is we don't really know what they do and how they accumulate in the body.

Organic carrots shouldn't need to be peeled as the peel contains a lot of the health nutrients. Best of all, we think you'll find they taste far better too! Another great way to enjoy your carrots is to juice them. This is a quick and delicious way to get lots of beneficial nutrition for healthy skin & eyes with organic carrots. Source: Health & Energy Foods

Avocado Cucumber Salad

*2 avocados, cubed *2 Tbsp. lemon juice *1 cucumber, diced *2 Tbsp. diced red onions *2 Tbsp. dried dill Dressing: *1 Tbsp. sugar *1 ½ Tbsp. red wine vinegar *1/4 cup olive oil *salt & pepper

Gently mix together avocado & lemon juice in a medium bowl. Add all remaining ingredients & gently toss to combine. Refrigerate 20 minutes before serving.

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Storage Tips

Pears - Store at room temperature until ripe — to hasten ripening, place pears in a paper bag at room temperature. Once ripe, place pears in a plastic bag and refrigerate.

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

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.

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.

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.