

Storage Tips for this week's menu

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

Oranges: 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.

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

Peppers - Store in plastic bag in the crisper drawer of refrigerator. To freeze: slice or chop peppers, spread in a single layer on cookie tray and freeze, then promptly place in airtight containers or heavy-duty freezer bags and return to freezer.

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

Green Beans: Store unwashed green beans in a reusable container or plastic bag in the refrigerator crisper.

Garden to Doorstep Organics

Green Beans with Grape Tomatoes

*green beans, cut into 2 inch pieces *1 ½ cups water
*1/4 cup butter *1 Tbsp. sugar *3/4 tsp. garlic salt
*1/4 tsp. pepper *1 ½ tsp. chopped fresh basil (or ½
tsp. dried) *grape tomatoes, halved
Place beans & water in a large saucepan. Cover &
bring to a boil. Set heat to low & simmer until
tender, about 10 minutes. Drain off water & set
aside. Melt butter in a skillet over medium heat. Stir
in sugar, garlic salt, pepper & basil. Add tomatoes &
cook stirring gently just until soft. Pour the tomato
mixture over the green beans & toss gently to blend.

Beet Orange Salad

*1 pound beets *3 Tbsp. olive oil *3 Tbsp. water
*1/3 cup orange juice *salt *2 oranges *1/4 cup
chopped, roasted walnuts
Place 2 pounds beets on a large piece of foil. Drizzle
with 1 Tbsp. olive oil & 3 Tbsp. water & close into a
packet. Roast at 400 degrees until tender, 50
minutes. Peel the beets & cut into wedges. Whisk
orange juice, 2 Tbsp. olive oil & salt to taste in a
bowl. Add 2 segmented oranges, the beets & ¼ cup
chopped, roasted walnuts & toss.

Spice Roasted Butternut Squash

*1 butternut squash, peeled, seeded & cut into 1 inch dice *2
Tbsp. olive oil *1 ½ tsp. ground cumin *1 tsp. ground coriander
*1/4 tsp. cayenne pepper *salt & pepper
Preheat the oven to 425 degrees. In a large bowl, toss the
squash with the olive oil, cumin, coriander & cayenne &
season with salt & pepper. Spread the squash on a baking
sheet in a single layer & roast in the oven for about 40
minutes, until tender & lightly browned, tossing once halfway
through. Transfer to a bowl & serve.

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friend orders their second box. Just have them mention your name in the
comment box when they order.

We promote a greener earth and ask that you put out last week's box and
bag on the day of delivery so we can reuse them.

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Spicy Quinoa with Beets & Peppers

*4 cups vegetable broth *2 cups quinoa *1-
2 large beets *1-2 peppers *1 onion *2-3
carrots *2 cups kernel corn *3-4 cloves
garlic, sliced in coins *1 (7 oz.) can green
chiles *1 tsp. turmeric *1 tsp. cumin *1 tsp.
chili powder *1 tsp. red pepper flakes *1
tsp. coriander *olive oil
Chop beets, carrots, peppers & onions into
1/2 inch pieces. Bring to boil the broth &
add quinoa & 3-4 pieces of beet in a
medium-large sauce pan, let simmer (the
beets turn the quinoa pink for a nice color).
Heat olive oil in a large skillet & add carrots,
beets & spices. Sauté on medium heat until
almost soft. Add garlic, peppers, onion &
chiles & cook until done. Remove from
heat.
When quinoa is almost done leaving a little
broth, add the beets mixture into the sauce
pan. Add corn. Simmer until remaining
liquid is entirely evaporated. Serve hot or
cold.

Honey Roasted Butternut Squash with Pecans & Apples

*1 lb. butternut squash, cubed *1 apple,
peeled, cored & cubed *3 Tbsp. butter,
melted *3 Tbsp. honey *1/4 cup pecans,
finely chopped *1/2 tsp. nutmeg *1/2 tsp.
cinnamon
Preheat oven to 400 degrees. Place cubed
squash & apple in an 8'x8' baking dish. Add 2
Tbsp. water & roast uncovered, stirring
occasionally for 20 minutes, or until almost
cooked through. Meanwhile, in a small bowl,
combine butter, honey, pecans, nutmeg &
cinnamon. Remove squash from oven & pour
honey mixture over squash. Stir lightly to
coat. Return to the oven for another 10
minutes, or until cooked through. Remove
from oven & serve.

Shells with Yellow Pepper Tomato Sauce

*shell noodles *2 yellow peppers, stemmed & diced *1 pint tomatoes,
diced *salt & pepper *1/4 cup loosely packed fresh basil leaves (or 2
Tbsp. dried) *2 Tbsp. butter, room temperature *2 Tbsp. olive oil
Prepare shells according to package instructions. Place peppers &
tomatoes in a medium-sized saucepan or pot. Pour in ½ cup water &
turn heat to high. Season with 1 tsp. salt & pepper to taste. Bring to a
simmer, then turn heat down to medium high. Set a timer for 25
minutes. After about five minutes, the tomatoes & peppers will begin to
release their juices & the whole mixture should be bubbling. Adjust the
heat if necessary so that the mixture stays at a constant bubble —
medium to medium-high heat. Stir every five minutes or so to make sure
the tomatoes & peppers are not sticking to the bottom of the pan. If
they are, add water by the ¼ cup. When the peppers & tomatoes are
tender & nearly all of the liquid has evaporated, add the basil, butter, &
oil to the pot, give it a stir & transfer the contents of the pot to a food
processor or blender. Blend until smooth. Taste. Adjust seasoning with
more salt & pepper as necessary. Mix with the shell noodles.