

## *Storage Tips*

Grapes: Store them unwashed in a plastic bag in the refrigerator.

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 - 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.

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.

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

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

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

## *from Garden to Doorstep Organics*

### *Shaved Brussels Sprout Salad with Walnuts*

\*1 to 1 ½ lbs. Brussels sprouts \*1 cup walnuts, lightly toasted \*2 Tbsp. finely grated Pecorino Romano \*1/4 cup olive oil \*3 Tbsp. lemon juice

Holding each Brussels sprout by stem end, cut into very thin slices using slicer (watch your fingers). Toss in a bowl to separate layers. Lightly crush walnuts with your hands & add to Brussels sprouts along with cheese, oil & lemon juice, then toss to combine. Season with pepper.

*“Easter spells out beauty. The rare beauty of new life.”*

S.D. Gordon

### *Roasted Brussels Sprouts & Carrots*

\*2 Tbsp. olive oil \*juice of ½ lime \*2 tsp. sugar \*1 minced garlic clove \*1 tsp. salt \*pinch of red pepper flakes \*1 lb. quartered Brussels sprouts \*1/2 lb. sliced carrots

Whisk olive oil, lime juice, sugar, garlic, salt & red pepper flakes. Toss with Brussels sprouts & carrots on a baking sheet. Roast at 450 degrees until tender, about 25 minutes. Toss with more lime juice & salt if desired.

### *Italian Peppers & Broccoli*

\*4 cups broccoli florets \*6-7 mini peppers, julienned \*1 Tbsp. olive oil \*1 clove garlic, minced \*1 tsp. dried oregano \*1/2 tsp. salt \*1/4 tsp. pepper \*6-8 grape tomatoes, halved \*1 Tbsp. grated parmesan cheese

In a large saucepan, bring 6 cups water to a boil. Add broccoli; cook, uncovered, 3 minutes. Drain & immediately place broccoli in ice water. Drain & pat dry. In a large nonstick skillet, sauté peppers in oil for 3 minutes or until crisp-tender. Add the broccoli, garlic, oregano, salt & pepper; cook 2 minutes longer. Add the tomato; heat through. Sprinkle with cheese.

### *Broccoli & Mini Pepper Stir-Fry*

\*1 Tbsp. sesame seed, toasted \*2 Tbsp. olive oil \*1 tsp. sesame seed oil \*1 ½ Tbsp. garlic, minced \*1 Tbsp. fresh ginger, freshly chopped \*1 large onion, sliced \*1 bunch broccoli, cut into bite size pieces \*3-4 mini peppers, thinly sliced \*1/2 lb. thinly sliced carrots \*1/3 cup veggie broth \*3 tsp. light soy sauce

In a wok or large skillet heat oils over high heat. Stir fry the garlic & ginger for 30 seconds, remove garlic & ginger & discard. Add onions stir fry 1 minute.

Add carrots, stir fry 1 minute. Add broccoli, stir fry 1 minute. Add red Pepper and stir fry for 1 minute. Add stock & soy sauce, bring to a simmer for about 1 minute or until the veggies are cooked to your liking. Sprinkle with Sesame seeds & serve.

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### *Balsamic Roasted Grape Tomatoes & Broccoli*

\*1 lb. broccoli, cut into florets \*1 pint grape tomatoes, halved \*3 cloves garlic, chopped \*2 Tbsp. olive oil \*1 Tbsp. balsamic vinegar \*3/4 tsp. salt \*pepper to taste

Preheat oven to 400 degrees. Line a large baking sheet with parchment paper.

Place the broccoli, tomatoes & garlic on the prepared pan. Drizzle with oil & vinegar and toss to combine. Spread out in a single layer on the pan & sprinkle with salt & pepper.

Roast for 30 minutes. Serve hot or at room temperature.