

## *Storage Tips*

Watermelon: A ripe watermelon will have a yellowish-white resting spot, opposed to a white or pale green spot (where the melon rested on the ground). If it is not yet ripe, give it a few days. Also, a soft “give” when you press the blossom end of the melon (opposite the stem end), indicated ripeness. Store watermelon in the refrigerator & once cut, be sure to wrap in plastic or foil & store in refrigerator.

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.

Potatoes - Store in a well-ventilated area so they stay fresh longer. Do not refrigerate. Place them in a metal basket or rack, a wooden crate or a cardboard box with holes. Keep out of sunlight & in a cool, dark & slightly humid place, like a basement, unheated closet or cupboard.

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

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.

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

### **Grape Tomato Zoodles**

\*1 Tbsp. olive oil \*3 cloves garlic, minced \*1 pound grape tomatoes \*2 zucchini \*pinch of crushed pepper flakes \*pinch of salt & pepper

Warm the olive oil over a medium-low heat. Add in the garlic & salt. Cut the grape tomatoes in half. Turn the heat up to medium high, add in the crushed pepper & some cracked black pepper. Cook until the tomatoes have softened & began to release their juices. Run the zucchini through a spiralizer, using the medium thickness. Add the noodles to the tomatoes & sauté for about 2 minutes, until just tender.

### **Savory Mushroom Stew**

\*1 med. yellow onion, chopped \*3 carrots, diced \*1/3 cup veggie broth \*1 package mushrooms \*1/4 tsp. thyme \*1/4 tsp. sage \*dash cayenne pepper \*1 Tbsp. tomato paste \*15 ozs. chopped tomatoes \*1 Tbsp. flour \*1/2 cup red wine \*1 ½ cups veggie broth \*1 med potato, diced \*2 cloves garlic, minced \*1 Tbsp. soy sauce \*1/2 tsp. red wine vinegar \*dash of salt & pepper

Sauté onion & carrot in 1/3 cup veg broth until softened & lightly browned. Season with salt & pepper. Remove to separate bowl. Add mushrooms to pot & cook over med heat until reduced. Add thyme, sage & pepper & stir to combine. Add tomato paste & tomatoes & simmer for 3-4 minutes. Sprinkle on flour & mix well. Stir the onions back into the pot. Add Red Wine & mix well. Add remaining veg Broth, potato & garlic and simmer until potato has softened. Season with soy sauce and red wine vinegar.

### **Stuffed Vegetarian Zucchini**

\*2 zucchini \*2 Tbsp. olive oil \*1/2 cup diced onion \*2 cloves garlic, minced \*1 cup mushrooms, ½ inch diced \*1 tsp. dried oregano \*1 tsp. dried basil \*1 Tbsp. dried parsley \*1/2 tsp. salt \*1/4 tsp. pepper \*1 cup panko bread crumbs \*1/4 cup grated Parmesan cheese \*1/8 cup grated Romano cheese \*additional grated Parmesan to sprinkle on top

Preheat oven to 375 degrees. Trim stem end from squash. Cut about 1/3 off the top of each squash horizontally. Then cut a small horizontal sliver from the bottom so that the squash will sit flat & not roll. Dice the tops to ½ inch dice & set aside. Using a small paring knife, cut around inside of squash. Using a melon-baller, scoop out inside until the squash resembles a canoe. Try not to cut through to the bottom. In a large skillet or frying pan heat the oil over medium heat. Add onion & cook two minutes. Add garlic, red pepper, mushrooms & cut up zucchini tops. Mix to combine & sauté one minute. Remove from heat & mix in oregano, basil, parsley, salt, pepper, crumbs & both cheeses. Mix to combine. Divide the filling between each zucchini boat & press into squash filling & pressing as you fill to hold shape. Bake for 35 – 40 minutes uncovered. Try not to overcook, otherwise the zucchini will start to sag & the filling will not stay in. As soon as they come out of the oven, sprinkle the tops with additional Parmesan cheese & serve.

### **Balsamic Grilled Carrots**

\*4 large carrots, peeled & halved lengthwise \*1 Tbsp. olive oil \*1 Tbsp. balsamic vinegar \*1 tsp. dried rosemary or thyme \*salt & pepper to taste

Toss carrots with the olive oil, vinegar, herbs & sprinkle with salt & pepper to taste. Grill over medium heat about 15-20 minutes, turning a few times, or until the carrots are cooked to al dente. Exact time will depend on the thickness of the carrots.

### **Parmesan Grilled Potatoes & Carrots**

\*1/2 pound cut potatoes \*3/4 cup carrots, chopped \*1 ½ tsp. butter, melted \*1/4 tsp. Italian seasoning \*1/4 tsp. peppered season salt \*1 ½ Tbsp. shredded Parmesan cheese \*1 tsp. dried chives

Heat gas or charcoal grill. Cut 18x12-inch sheet of heavy-duty foil. Place potatoes & carrots on center of foil sheet. Drizzle with butter. Sprinkle with Italian seasoning, peppered seasoned salt & cheese; stir slightly to mix & coat vegetables. Bring up 2 sides of foil so edges meet. Seal edges, making tight 1/2-inch fold; fold again, allowing space for heat circulation & expansion. Place packet, seam side up, on grill over medium heat. Cover grill; cook 35 to 40 minutes or until vegetables are tender. Open packet carefully to allow steam to escape. Sprinkle with chives.

From *Garden to Doorstep Organics*