

Storage Tips

Blueberries - Store loosely in a shallow container in the fridge. Do not wash them until ready to eat.

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

Sweet Corn: Place corn in a zippy bag or container in the fridge to store until you use it.

Celery: wrap the celery up tightly in aluminum foil, and place in the refrigerator crisper drawer.

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.

Lettuce: Pat the lettuce dry with a paper towel. Wrap lettuce in a paper towel & store in an airtight plastic contain (you can use a plastic bag too). Store in the refrigerator.

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.

Happy Father's Day from Garden to Doorstep Organics

Celery & Mushroom Salad

*7 Tbsp. olive oil *8 ozs. mushrooms *2 Tbsp. lemon juice *6-8 ribs celery, shaved paper thin *1 cup shaved parmigiana reggiano cheese *salt & pepper *1 Tbsp. dried parsley
Sauté the mushrooms in a skillet. Heat 3 Tbsp. olive oil over medium high heat. When the oil is hot, add the sliced mushrooms & sauté until golden brown, 5-6 minutes. Season with a little salt & pepper & then set aside to cool. Toss the salad in a large serving bowl. Whisk the remaining 4 Tbsp. olive oil with the lemon juice. Add a little salt & pepper & then taste. Add more oil or lemon juice as you like. Add the celery, cooled mushrooms, cheese & parsley to the bowl & toss until combined. Season with salt & pepper & serve.

Easy Corn on the Cob

*2 Tbsp. sugar *1 Tbsp. lemon juice
*Corn on the cob
Fill a large pot about 3/4 full of water & bring to a boil. Stir in sugar & lemon juice, dissolving the sugar. Gently place ears of corn into boiling water, cover the pot, turn off the heat & let the corn cook in the hot water until tender, about 10 minutes.

Broccoli Mushroom Couscous

*1/2 cup uncooked couscous *1 cup finely chopped broccoli *3 large mushrooms, finely chopped then diced *1/2 cup plain low-fat Greek yogurt *1/4 cup unsweetened almond milk *1/3 cup shredded mozzarella *1/2 tsp. basil *1/2 tsp. garlic powder *1/4 tsp. pepper *dash of salt *1 tsp. olive oil
In a small sauce pan, bring 1/2 cup water to boil. Add couscous & stir quickly. Cover & set aside to prepare couscous. While couscous is being prepared, place a skillet over medium heat. Once hot, add olive oil & veggies. Sauté about 5 minutes. Fluff couscous. Over low heat, add veggies & remaining ingredients. Stir until thoroughly mixed. Serve.

Apple & Broccoli Salad with Walnuts

*1 head broccoli, chopped *1/2 large carrot, grated *1 apple, cored & finely chopped *1/8 cup onion, finely chopped *1/4 cup walnuts, coarsely chopped *1/8 cup dried cranberries (optional)
For the dressing: *1/2 cup mayonnaise *1 tsp. lemon juice *1 clove garlic, minced *1/2 tsp. honey *salt & pepper
In a bowl, combine all the ingredients for the dressing. Mix well & season to taste. In large bowl, combine the broccoli, carrot, apple, onion, cranberries & walnuts. Mix as much dressing as you like in the salad & toss until well combined.
Serve right away or refrigerate before serving.

*“A truly rich
man is one
whose children
run into his
arms when his
hands are
empty”*

Unknown

Apple Vinaigrette

*2 Tbsp. dried parsley *1/4 cup cider vinegar *1/4 cup olive oil *1/4 cup apple juice *1 tsp. basil *2 tsp. honey *3/4 tsp. salt *1 tsp. Dijon mustard *1/8 tsp. pepper
Combine parsley, vinegar, olive oil, apple juice, basil, honey, salt, mustard & pepper in a blender or food processor. Process until smooth. Serve over salad & top with apple slices & blueberries. Yum!

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