

Storage Tips

Strawberries: Store in the crisper drawer of your refrigerator. Wash just before eating.

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

Red Onions - Store in a dark, cool, well-ventilated area. Punch holes in a paper bag (if you have a hole punch, that works great). Place onions in the bags and paperclip them closed. Store in a basement or any other darker, cooler place. Do not refrigerate them.

Kale - Refrigerate in plastic bag; do not wash until ready to use.

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.

Spinach: Store spinach wrapped in paper towels -- damp or dry - in resealable plastic bag. Kept in the crisper drawer or on a shelf in the refrigerator.

Rhubarb: Wrap fresh rhubarb in plastic, put it in the refrigerator & don't wash it until you're ready to use it. If you want to freeze it, prepare it by washing & cutting it into 1-inch pieces. Drop the pieces into boiling water for one minute & then stop the cooking by "shocking" it. Scoop rhubarb out with a slotted spoon or sieve & plunge it immediately into ice water. Drain the cooled rhubarb pieces, spread them out on baking sheets & transfer them to the freezer. Once the rhubarb is frozen solid, you can store it in heavy-duty plastic bags for up to a year.

This is one of our favorite crispy rhubarb desserts!

Mum's Rhubarb Dessert

Crust: *1 cup sifted flour *5 Tbsp. confectioner's sugar *1/2 cup butter

Topping: *2 beaten eggs *1 1/2 cups sugar *1/4 cup flour *3/4 tsp. salt *2 cups finely chopped rhubarb

Blend the crust ingredients together. Press the mixture into ungreased 7 1/2 x 11 x 1 1/2 inch pan & bake at 350 degrees for 15 minutes.

Mix the toppings ingredients together. Spoon topping onto the crust & bake 35 minutes at 350 degrees. It is great with whipped cream or ice cream. Just the best!

Strawberry & Spinach Salad with Honey

Balsamic Vinaigrette

*1 bunch spinach *1 cup sliced strawberries *1/2 cup crumbled Gorgonzola cheese *1/2 cup raw pecans *1/4 cup balsamic vinegar *2 tsp. honey *1/2 cup olive oil *salt & pepper to taste

Combine the spinach, strawberries, Gorgonzola cheese & pecans in a large bowl. Stir the balsamic vinegar & honey together in a bowl; slowly stream the olive oil into the mixture while whisking continuously. Season with salt & pepper. Drizzle the dressing over the salad just before serving.

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Rhubarb Strawberry Crisp

Filling: *1 quart strawberries, sliced into small pieces *1 pound rhubarb (about 4 stalks) cut into 1/4 inch pieces *1/2 cup honey *3 Tbsp. cornstarch *1 tsp. vanilla extract

Topping: *3/4 cup old fashioned oats *3/4 cup whole wheat flour *1/3 cup lightly packed brown sugar *1/4 tsp. salt *4 Tbsp. butter, melted *3 Tbsp. plain yogurt. Preheat oven to 350 degrees. In a 9X9 baking dish mix the filling ingredients together. In a mixing bowl, stir together the oats, flour, brown sugar & salt. Mix in the yogurt & melted butter. Stir until all of the flour is incorporated & mixture is moistened throughout. Dollop spoonful's of the oat mixture over the strawberry-rhubarb filling & use your fingers to break up the mixture until it is evenly distributed (no need to pack it down). Bake for 50 to 55 minutes, or until the filling is bubbling around the edges & the top is turning lightly golden. Let the crisp rest for 5 to 10 minutes before serving. Serve with vanilla ice cream.

Strawberry Smoothie

*1 medium or large very ripe banana *1 heaped cup hulled strawberries *1 cup almond milk *1 tsp. honey *1/2 tsp. vanilla extract *2-3 ice cubes

Place all of the ingredients in a blender & blend until smooth. Serve right away.



Linguine with Garlic, Mushrooms & Kale

*12 ozs. Linguine *2 Tbsp. olive oil *1/2 medium onion, chopped *6-7 cloves of garlic, chopped *sliced mushrooms *1 bunch kale, julienned *1/2 heaping tsp. thyme, rosemary or Italian blend *pinch of red pepper flakes (optional) *salt & pepper to taste 1 1/2 cups vegetable broth

In a large pot cook pasta according to package, drain in colander & set side.

In same pot, heat olive oil over medium heat, add onions & cook 4 minutes, add garlic, mushrooms & herbs, optional red pepper flakes, salt & pepper. Cook over medium heat until mushrooms start to release moisture, about 4 - 5 minutes. Add kale & continue to cook until wilted. Add the pasta to the mushroom mix, add broth, mix well & continue to cook until broth is just warmed. Serve in individual bowls with some of the juices & pepper.

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