

## Storage Tips

Honeydew Melons: Whole, ripe honeydew melons can be stored in the refrigerator. Once cut, honeydew should be sealed in an airtight container or wrapped tightly and stored in the refrigerator.

Nectarines: Store peaches and nectarines at room temperature until ripe — this usually takes 2 to 3 days. A ripe fruit will yield a bit when pressed gently. To speed up the ripening process, place nectarines or peaches in a paper bag and store at room temperature, out of direct sunlight. Once ripe, store them in the crisper drawer of the refrigerator.

Carrots with greens – Remove the greens from the carrots & store them separately. 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). Pat the greens dry with a paper towel. Wrap the greens in a paper towel & store in an airtight plastic contain (you can use a plastic bag too). Store in the refrigerator.

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

Collard Greens - 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.

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



# Garden to Doorstep Organics

## Southern Style Collard Greens

\*1 Tbsp. olive oil \*1 Tbsp. butter \*1/2 large onion, chopped \*1 tsp. red pepper flakes \*1 clove garlic, finely chopped \*1 bunch collard greens, chopped \*3 cups vegetable stock \*15 grape tomatoes, chopped \*salt & pepper

In a large pot over medium heat, heat oil & butter. Sauté the onions until slightly softened, about 2 minutes, then add the red pepper flakes & garlic, cook another minute. Add collard greens & cook another minute. Add the vegetable stock, cover & bring to a simmer. Cook until greens are tender, about 40 minutes. Add tomatoes & season with salt & freshly ground black pepper.

## Good Grits & Greens Casserole

\*1/2 cup pecans, chopped \*1/2 tsp. Cajun seasoning or 1/8 tsp. salt \*cooking spray \*1 medium onion, diced \*4 cloves of garlic, minced \*water as needed \*4 cups vegetable broth \*1 bunch collard greens \*1 cup grits (not instant) \*1/4 cup almond or cashew butter \*1/4 cup salsa \*salt to taste

Prep your baking dish: Coat a 2-quart (8-inch square) casserole dish with cooking spray. Prep the topping: In a small bowl, sprinkle chopped pecans with water & toss. Add Cajun seasoning & toss until evenly coated. Prep your collard greens: Wash, remove stems, & chop into small pieces. Coat a large pot with cooking spray. Over medium-low heat, add onion & cook for 6 minutes, stirring frequently. Add a splash of water as needed to prevent sticking. Add garlic & cook for another 2-3 minutes, until garlic is fragrant & onion is just starting to brown. Add 1 c broth, turn heat to high. When broth is bubbling, add greens & stir until wilted & volume is reduced by at least half. (About 2 minutes.) Turn heat to medium-low, cover & simmer 20 minutes, until greens are very tender. Stir occasionally, adding water as needed if pot looks dry. Remove greens from heat & drain in a colander, pressing out any extra liquid with the back of a spoon. Preheat oven to 400F. While greens are cooking, in a covered medium pot, bring remaining 3 c broth to a boil. Remove lid and add grits slowly, whisking constantly to prevent lumps. Continuing to whisk, bring mixture to a simmer. Turn heat to low & stirring constantly with a spoon, cook 4-5 minutes or until grits are thickened. Remove grits from heat. Gently stir in nut butter, salsa & salt to taste. Using a heat-safe rubber spatula, spread half the grits in the bottom of the casserole dish. Add the greens, flattening with a spatula. Add the remaining half of the grits, smoothing the top with a spatula.

Sprinkle with seasoned pecans. Bake at 400F for 15 minutes.

## Quinoa Pilaf with Mushrooms, Carrots & Pecans

\*1 cup quinoa, rinsed \*1 2/3 cup vegetable broth \*3 Tbsp. olive oil \* 1 small onion, finely chopped \*2 small carrots, peeled & diced \*3/4 tsp. dried thyme \*4 ozs. mushrooms, thinly sliced \*2 cloves garlic, minced \*salt & pepper \*1/3 cup chopped pecans \*1 Tbsp. dried parsley

Combine quinoa & veggie broth in a medium sauce pan. Bring to a boil, then turn heat down to low, cover & simmer until quinoa is cooked, about 15 minutes. In the meantime, heat 2 Tbsp. of the olive oil in a large sauté pan over medium heat. Add the onions & cook, stirring occasionally, until they start to soften, 2-3 minutes. Add the carrots & thyme & cook until the carrots are just tender, 5-7 minutes. Add remaining Tbsp. of olive oil, along with mushrooms & garlic. Cook, stirring constantly, until mushrooms are cooked through, a few minutes. Season vegetables with 1/4 tsp. salt & pepper to taste. Add cooked quinoa to vegetables & stir in pecans & parsley. Taste & adjust seasoning if necessary. Serve hot or warm.

## Zucchini Bake with Garlic, Parmesan & Tomatoes

\*2 zucchini, cut into quarters \*grape tomatoes, cut into halves \*5 cloves garlic, minced \*1/2 cup Parmesan cheese, grated \*1 tsp. any dried herb like basil, oregano or Italian \*3/4 tsp. salt \*pepper to taste \*1 Tbsp. dried parsley \*cooking spray

Preheat oven to 350 degrees F & spray 8 x 8 or 9 x 11 baking dish with cooking spray. Set aside. In a large mixing bowl, add all ingredients, except parsley; stir to combine. Transfer to a prepared baking dish & bake uncovered for 25 minutes for crunchy zucchini or 35 minutes if you like well cooked vegetables. I recommend checking for doneness with a fork or knife after 25 minutes. Remove from the oven, garnish with basil or parsley & serve hot/warm.

## Macaroni Salad with Zucchini & Tomatoes

\*16 ozs. uncooked elbow noodles \*grape tomatoes, cut in half \*2 cups zucchini, sliced & quartered \*1/2 cup onion, finely chopped \*7 Tbsp. light mayo \*2 1/2 Tbsp. red wine vinegar \*2 Tbsp. fat free Greek yogurt \*2 tsp. Dijon mustard \*1/4 tsp. oregano \*1/4 tsp. garlic powder \*salt & pepper to taste

Cook pasta in generously salted water according to package directions. Drain & rinse with cold water. In a medium bowl, combine onions, mayonnaise, vinegar, yogurt, mustard, oregano, garlic powder; mix well. Add tomatoes (and any juice from the tomato), zucchini, pasta, salt & pepper to taste, toss well & place in a large bowl.