

Storage Tips

Pears - Store at room temperature until ripe — to hasten ripening, place pears in a paper bag at room temperature. Once ripe, place pears in a plastic bag and refrigerate.

Watermelons: Whole ripe watermelons can be stored in the refrigerator. Once cut, they should be sealed in an airtight container or wrapped tightly and stored in 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. Carrot greens are edible & good for you. They can be chopped up and added to soups, stews or casseroles.

Red 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.

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.

Green Onions: Place the onions in a jar with a bit of water. Cover them with a plastic bag & place in the refrigerator (replace the water every couple of days). Or if you prefer, you can wrap the ends with a damp paper towel, place them in a plastic bag & place them in the refrigerator.

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Stuffed Pepper Soup

*2 cups chickpeas *2 bell peppers, diced *2 cups tomatoes *1/2 tsp. Italian seasoning *1 tsp. dried oregano *2 Tbsp. tomato paste *5 cups vegetable stock *1/2 yellow onion, diced small *2 cloves garlic, minced *2 Tbsp. olive oil *1/2 tsp. paprika *1/2 cup brown rice, cooked according to package directions *2 tsp. dried parsley *salt & pepper *optional: parmesan cheese for serving

Heat oil in a deep heavy bottom pan. Add diced onion & garlic & sauté until onions are soft. Keep heat medium low so the garlic does not burn. Add diced bell peppers, paprika, 1/2 tsp. salt & seasonings. Cook until bell peppers are soft (3-4 minutes). Add tomatoes, tomato paste & rinsed chickpeas. Add veggie stock & mix well. Bring to a boil, lower heat to med-low & simmer for 20 minutes. While the soup is cooking, prepare brown rice per package instructions. Drain water upon cooking & set aside. Once soup is ready, mix in the cooked rice. Cook for 2 minutes to bring all flavors together. Taste, adjust salt & add black pepper.

Sautéed Green Onions & Carrots

*1 bunch carrots *salt *1/2 bunch green onions *1 Tbsp. grapeseed oil *1 Tbsp. butter (optional) *salt & pepper to taste

Peel the carrots & slice into rounds about 1/4 inch thick. Bring a large pot of water to a boil. Stir in salt. Set up an ice bath. Add the carrots to the boiling water. This should only take a few minutes, as you just want them to be cooked about three-quarters of the way through. When ready, drain the carrots & immediately place them into the ice bath. Once the carrots have completely cooled, pat dry with paper towels. If prepping ahead, you can place the carrots onto a baking tray lined with a clean kitchen towel & then place into the refrigerator until ready to use. Slice just the bulb of the green onion into slits lengthwise. Then finely slice the green onion. This can also be done a few hours ahead of time. Simply place into a bowl, cover with plastic wrap & store in the refrigerator until ready to use. Heat a large fry pan over medium-high heat. Once hot, add the oil, & carrots. If desired, add a Tbsp. of butter. Let cook for a bit on the first side to develop a bit of color. Then toss & continue to cook until the carrots are almost cooked through. Taste for seasoning & top with the green onions. Toss to combine & serve immediately.

Grilled Green Onions

*1 bunch green onions *1/4 cup olive oil *1 clove garlic, minced *1/8 tsp. pepper *salt
Trim onions, leaving about 2 inches of green top. In a shallow dish, combine olive oil, garlic, pepper & salt (do not over salt as the onion shrink & could become too salty). Add onions & stir to coat onions evenly. Cover dish & refrigerate at least 1 hour or overnight. When ready to use, preheat Barbecue grill. Remove prepared onions from refrigerator, drain & discard marinade. Grill 3 or 4 minutes on each side or until they are wilted & slightly charred.

“The doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition.” Thomas Edison

Smothered Kale & Mushrooms

*2 Tbsp. olive oil *2 Tbsp. butter, cut into small pieces *4 cloves garlic, chopped *mushrooms, halved *1 bunch kale, stems removed & chopped *1/4 cup sherry *salt & pepper

Heat a medium skillet with olive oil & butter over medium to medium-high heat. Once hot, add garlic & mushrooms & place a lid which is too small for the skillet down into the pan, pressing & smothering the mushrooms. Cook 7 to 8 minutes, stirring once, then wilt the kale into the pan, turning it with tongs to combine with mushrooms. Smother the greens for 1 to 2 minutes, then deglaze the pan with sherry & season the mixture with salt & pepper to taste.

Scrambled Eggs with Peppers (beautiful!)

*1 Tbsp. olive oil *1 bell pepper (or portions of different colored peppers to make a more colorful dish) *1/2 onion, diced *salt & pepper *4 eggs *1/2 cup crumbled cotija cheese (or similar cheese) *1 Tbsp. dried cilantro *hot sauce to taste *1/4 cup mushrooms *sliced green onion

Heat the olive oil over medium-high heat in a 10-inch nonstick skillet. Add peppers, onions & mushrooms along with a good pinch of salt. Cook for a few minutes, until softened to your liking. Meanwhile, scramble the eggs in a medium bowl. Reduce heat to medium-low. Pour eggs into the skillet & cook, stirring frequently, until set. Divide between two plates & top with cheese, cilantro, hot sauce to taste as well as more salt & pepper. Top with sliced green onion.