

### *Broccoli with Garlic & Sweet Pepper*

\*1 Tbsp. vegetable or olive oil \*2 cloves garlic, finely chopped \*2 cups broccoli florets \*1 large pepper, coarsely chopped \*1 small onion, coarsely chopped \*3 Tbsp. water \*1/4 tsp. salt \*2 Tbsp. shredded Parmesan cheese

In 12-inch nonstick skillet, heat oil over medium-high heat. Stir garlic into hot oil. Immediately add broccoli, bell pepper, onion & water. Cook 4 to 6 minutes, stirring constantly, until broccoli is crisp-tender & onion is beginning to brown. Stir in salt. Place in serving dish; top with cheese.

*“Summertime is always the best of what might be”*

Charles Bowden

### *Carrot Cucumber Salad*

\*1/4 cup sweet chili sauce \*2 Tbsp. seasoned rice wine vinegar \*1 large cucumber, peeled, thinly sliced \*1 cup matchstick carrots \*1/4 cup finely diced onion

Whisk chili sauce & vinegar in medium bowl until blended. Peel cucumber; cut in half lengthwise & slice. Add cucumber & remaining ingredients to sauce mixture; toss to coat. Chill until ready to serve.

### *Carrot & Celery Soup*

\*2 Tbsp. olive oil \*1 small onion, minced \*1 small carrot, thinly sliced \*1 celery rib, thinly sliced \*1/2 tsp. dried tarragon \*2 cups vegetable broth \*1/2 cup dried white wine

Heat the oil in a medium saucepan over medium-high heat. Sauté onions until tender, approximately 5 minutes. Slowly stir in carrots, celery & tarragon & continue cooking another 5 minutes, or until carrots are tender. Stir in vegetable broth and wine & bring to a boil. Reduce to a simmer & continue cooking 15 minutes longer. Serve hot.

### *Stir-Fried Carrots & Celery with Parmigiano-Reggiano*

\*2 Tbsp. olive oil \*1/2 medium onion, sliced \*2 cloves garlic, minced \*6 stalks celery, sliced \*2 Tbsp. lemon juice \*1/2 tsp. dried thyme \*1/4 cup grated parmigiana-reggiano \*salt & pepper to taste

Heat a large skillet over medium-high heat. Add the oil & then stir in the onions. Cook for about 2 minutes or until the onions are soft. Add the carrots & cook for about 3 minutes, stirring occasionally. Add the garlic & celery & continue cooking until the celery & carrots are tender, 3 to 5 minutes. Stir in the lemon juice & thyme. Remove from heat & toss with the Parmigiano-Reggiano. Season with salt & pepper & serve warm.

*Garden to Doorstep Organics*

## *Storage Tips*

Apples: Store in the crisper drawer of the refrigerator.

Peaches: Store peaches 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 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- 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.

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.

Cucumbers - wrap cucumbers individually in a paper towels & then place in a plastic bag & store in the crisper drawer of the refrigerator.

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

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.