

## 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.

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

Avocados - You can tell if an avocado is ripe by giving it a gentle squeeze — if it yields to that light pressure, it's ready to use. If your avocados are ripe, place them in a plastic bag in the refrigerator. If they are not ripe, place them in a brown bag at room temperature until ripe, then store in a plastic bag in the refrigerator.

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.

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.

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

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.

## Don't toss those carrot greens

They're packed with potassium, chlorophyll & other nutrients with health-supporting benefits. Not only can the greens be used as a garnish to many meals, they can be added to salads, soups, casseroles & many other dishes.

Try this very simple & delicious recipes using carrot greens:

## Carrot Tops & warm Chickpea Salad

\*1 tsp. olive oil \*1 tsp. ground cumin \*1 medium onion, minced \*1 (14 oz.) can chickpeas, drained \*1 cup finely chopped carrot greens \*1 Tbsp. lemon juice \*salt to taste Heat oil over medium heat. Add cumin & sauté 1 minute, or until fragrant. Add onion & sauté until golden, about 2 minutes. Add chickpeas & sauté until heated through & any liquid has evaporated, about 2 minutes. Remove pan from heat & add carrot greens. Toss, then transfer to a serving bowl & season with lemon juice & salt before serving.

## Avocado Toast

**\*4 slices whole grain bread \*1 avocado, halved & pitted \*1 Tbsp. dried parsley \*1 ½ tsp. olive oil \*1/2 lemon, juiced \*1/2 tsp. salt \*1/2 tsp. pepper \*1/2 tsp. onion powder \*1/2 tsp. garlic powder**  
Toast bread in a toaster or toaster oven. Scoop avocado into a bowl. Add parsley, olive oil, lemon juice, salt, pepper, onion powder & garlic powder; mash together using a potato masher. Spread avocado mixture into each piece of toast.

## Garden to Doorstep Organics

Don't be afraid of Kale! It is a powerhouse of vitamins and minerals & so easy to use. We incorporate kale into many of our meals. Simply slice it into very small pieces and add it to any stew, soup, casserole or really any meal you are making. Kale chips are also an easy & delicious snack.

## Kale Chips

\*1 bunch kale \*1 Tbsp. olive oil \*1 tsp. seasoned salt  
Preheat an oven to 350 degrees F. Line a non insulated cookie sheet with parchment paper. With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil and sprinkle with seasoning salt. Bake until the edges brown but are not burnt, 10 to 15 minutes (watch as they burn quickly). We love them parmesan cheese sprinkled on top.

## Why your Carrots should be Organic Carrots

Carrots are a very healthy food but they have a big problem if they are conventionally grown carrots and not organic. The very same reason that makes carrots so nutritious – their ability to absorb up so many nutrients from the soil – is also the reason why they are so good at absorbing up pesticides and even heavy metals from the ground they're in. Farmers report that when they are having trouble growing vegetables in a field, they put carrots in for a season and they'll absorb up all the 'junk' from the ground so other vegetables can grow again. Carrots tend to absorb pesticides from the soil in which they are grown. Testing shows that conventionally grown carrots often contain a wide variety of pesticide residues. Some of these pesticides are pretty nasty too. Some are known carcinogens and neurotoxins as well as suspected hormone disruptors. A few have been banned for being too dangerous, but are still turning up in testing years and even decades later. Others are said to be tolerable at certain levels, but the truth is we don't really know what they do and how they accumulate in the body.

Organic carrots shouldn't need to be peeled as the peel contains a lot of the health nutrients. Best of all, we think you'll find they taste far better too! Another great way to enjoy your carrots is to juice them. This is a quick and delicious way to get lots of beneficial nutrition for healthy skin & eyes with organic carrots.

Source: Health & Energy Foods

## Crunchy & Hot Avocado Fries

\*3/4 cup panko breadcrumbs \*2 Tbsp. ground flax \*1 tsp. mild chili powder  
\*1 egg \*2 avocados \*vegetable oil cooking spray \*salt \*hot sauce  
Heat oven to 400°. In a bowl, combine 3/4 cup panko breadcrumbs, 2 Tbsp. ground flax and 1 tsp. mild chili powder. In another bowl, whisk 1 egg. Cut 2 peeled avocados into 16 wedges, dip wedges in egg, press into breadcrumb mixture & transfer to a baking sheet. Coat with vegetable oil cooking spray. Bake until outside is crispy, 10 to 12 minutes. Season with salt & drizzle with hot sauce

## Mushroom Barley Soup

**\*6 cups veggie broth \*1 carrot, thinly sliced \*1 small onion, finely chopped \*3/4 pound mushrooms, thinly sliced sliced \*1/2 cup barley \*salt & pepper**  
In a large saucepan, combine the beef stock with the carrot, onion, mushrooms & barley & season with salt & pepper. Bring to a boil, cover partially & cook over moderately low heat until the barley & vegetables are tender, 30 minutes. Season the soup with salt & pepper.