

Low Sugar Pickled Beets

*1 ½ pounds beets, peeled & cut into ¼ inch slices *1/2 Tbsp. pickling spice *1 ½ cups distilled white vinegar *1 ½ cup s water *1 Tbsp. plus 1 tsp. sea salt *1 Tbsp. sugar

Place a large bowl of ice water next to the stove. Bring a large pot of water to a boil. Add about a third of the beet slices, cover, return to a boil & cook for 5 minutes. Use a slotted spoon to transfer the beets to the ice water to cool. Repeat with the two remaining batches of beets. Drain the cooled beets & divide among 3 pint-size (2-cup) canning jars or similar-size tempered-glass or heatproof-plastic containers with lids. Add 1/4 teaspoon of pickling spice to each jar. Combine vinegar, 1 1/2 cups water, salt & sugar in a large saucepan. Bring to a boil & stir until the salt & sugar dissolve. Boil for 2 minutes. Remove from the heat.

(Thanks Kaye R., one of our customers, for this low sugar recipe)

“Sometimes the most
productive thing you
can do is relax”

Mark Black

Roasted Beets with Feta

*2 pounds beets *1/4 cup onion *1 tsp. dried parsley *2 Tbsp. olive oil *1 Tbsp. balsamic vinegar *1 Tbsp. red wine vinegar *salt & pepper to taste *1/4 cup crumbled feta cheese

Preheat oven to 400 degrees. Wrap each beet individually in aluminum foil & place onto baking sheet. Bake beets in the preheated oven until easily pierced with a fork; 45 minutes to 1 hour. Once done, remove from oven & allow to cool. Peel beets & cut into ¼ inch pieces. While the beets are roasting, whisk together the onions, parsley, olive oil, balsamic vinegar & red wine vinegar in a bowl until well blended. Season with salt & pepper to taste & set aside. Place beets in a serving dish, pour vinaigrette over the beets & sprinkle with feta cheese.

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We hope you have a relaxing Labor Day

Leeks –

your new best friend

We generally only eat the lower white & light green parts of the leeks. These can augment (or replace) onions in almost any dish. Cooked at a low heat, leeks slowly break down into a succulent base. Give it a try with pasta sauces, risottos & soups.

Cucumber Salad

*2 cucumbers, very thinly sliced *1 leek, very thinly sliced *2 Tbsp. vinegar or 2 Tbsp. lemon juice *2 Tbsp. low-fat sour cream or 2 Tbsp. yogurt *salt & pepper *1/2 tsp. sugar *1/2 tsp. dried dill Mix cucumbers & onions together. Mix rest of ingredients together in a closed bowl & give a shake. Add to cucumbers, chill till very cold & serve.

Blistered Cherry Tomatoes

*2 tsp. butter *1 tsp. dried basil *1 pint cherry tomatoes *1/2 tsp. white vinegar *salt & pepper to taste

Melt butter in skillet over medium high heat. Add the cherry tomatoes, basil & sugar. Cook for about 30 seconds & then season to taste with salt & pepper. Continue cooking for a few more seconds until the cherries have just started to blister.

Grilled Potatoes

*Potatoes *1/2 Tbsp. dried parsley *1/4 cup olive oil *1/2 tsp. salt *1/4 tsp. pepper

Place cleaned whole potatoes in a microwaveable dish. Cover loosely with plastic wrap & microwave on high 2 to 3 minutes.

Remove from microwave & cut potatoes in half. Combine olive oil, salt, pepper & parsley. Drizzle mixture over potatoes & toss gently to coat. Place the potatoes cut side down on a hot grill. After 4 minutes, flip the potatoes to continue cooking on the other side. (This recipe takes only 15-20 minutes – how easy!)

Storage Tips

Apples - Place them in the crisper drawer in a plastic bag with holes in it or cover the apples with a damp paper towel.

Cantaloupe: 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

Beets - 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). Beet greens are edible & good for you. They can be chopped up and added to soups, stews or casseroles.

Potatoes - Store in a well-ventilated area so they stay fresh longer. Do not refrigerate. Place them in a metal basket or rack, a wooden crate or a cardboard box with holes. Keep out of sunlight & in a cool, dark & slightly humid place, like a basement, unheated closet or cupboard.

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

Leeks - Refrigerate leeks in a plastic bag. Do not wash them until ready to use. Leeks can be easily frozen for later use in soups, stews or casseroles. To freeze: wash & chop leeks, 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.

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