

### *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.

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.

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.

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.

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

Sweet Potatoes – Store in the crisper drawer of the refrigerator.

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

## **Cucumber, Tomato, Pepper &**

### **Grilled Bread Salad**

\*4 slices day old country style bread \*4 cups coarsely chopped tomatoes \*1 cup finely chopped onion \*1 ¼ cups chopped peppers \*2 Tbsp. dried basil \*1 cucumbers, peeled & coarsely chopped \*1/4 cup red wine vinegar \*1/2 tsp. pepper \*1/4 tp. Salt \*2 cloves garlic, minced \*1/4 cup olive oil Prepare grill to medium-high heat. Place bread slices on grill rack; grill 1 minute on each side or until golden brown with grill marks. Remove from grill; tear bread into 1-inch pieces. Combine tomatoes, onion, bell peppers, basil & cucumber in a large bowl. Add bread; toss gently. Combine vinegar, black pepper, salt & garlic in a small bowl, stirring with a whisk. Gradually add oil, stirring constantly with a whisk. Drizzle dressing over salad; toss gently to coat. Cover & chill 20 minutes.

### **Roasted Sweet Potatoes with Parmesan & Onions**

\*2 # sweet potatoes, peeled & cubed \*8 Tbsp. olive oil \*3 cloves garlic, minced \*2 ½ tsp. salt \*1 ½ tsp. pepper \*3 small onions, cut into ¼ inch slices \*1/2 cup grated parmesan cheese \*1 tsp. dried rosemary Preheat to 375°F. Line 2 large baking sheets with foil. Place sweet potatoes on 1 sheet; drizzle with 6 Tbsp. oil. Sprinkle with garlic, 1 1/2 teaspoons salt & 1 tsp. pepper. Toss to coat & spread in single layer. Place onions on second baking sheet; drizzle with 2 Tbsp. oil & sprinkle with 1 tsp. salt & 1/2 tsp. pepper. Toss to coat, then spread in single layer. Place sheet with potatoes on center rack & sheet with onions on lower rack in oven. Roast until potatoes are tender & onions are tender & brown around edges, stirring every 10 minutes, about 30 min. total for potatoes and 35 min. total for onions. Combine sweet potatoes & onions in shallow bowl. Sprinkle with Parmesan cheese & rosemary & toss to coat. Season with salt & pepper; serve.

## **Baked Cucumber Chips**

\*2 cucumbers \*Seasonings of choice  
**Option 1-Smoked** \*1 tsp. smoked paprika  
\*1 tsp. garlic powder \*salt **Option 2-Garlic**  
\*1 tsp. onion powder \*1 tsp. garlic powder  
\*salt **Option 3-Vinegar** \*1 tsp. apple cider vinegar \*salt **Option 4-Lemon** \*1 tsp. lemon juice \*1/2 tsp. pepper  
Slice cucumbers thinly & pat dry. Mix with your seasonings. Place slices on parchment paper on baking sheet (lying flat & separated). Bake low & slow at 170 degrees for 3-4 hours. Remove from oven once they are dried out & crispy.

## **Celebrate Earth Day!** **Garden to Doorstep Organics**

### **Pecan & Apple Stuffed Sweet Potatoes**

\*3 medium sweet potatoes \*1/4 cup butter, cubed \*1/8 cup packed brown sugar \*1/4 tsp. grated orange zest \*1 small apple, chopped \*1/8 cup chopped pecans  
Scrub potatoes; pierce several times with a fork. Place on a foil-lined 15x10x1-in. baking pan. Bake at 400° for 45-60 minutes or until tender. When cool enough to handle, cut off a thin slice from the top of each potato; discard. Scoop out pulp, leaving 1/4-in. thick shells; transfer to a large bowl. Mash pulp with butter, adding brown sugar & orange zest. Fold in apple & pecans. Spoon into potato shells. Return to baking pan. Bake 15-20 minutes longer or until heated through.

### **Sweet Potato Fries**

\*2 large sweet potatoes, peeled & cut into French fry-sized pieces \*1 Tbsp. olive oil (or as needed) \*1 tsp. dried rosemary (or to taste) \*salt & pepper  
Preheat oven to 425 degrees F. Toss sweet potatoes, olive oil, rosemary, salt & pepper together in a large bowl until evenly coated. Arrange sweet potatoes on a baking sheet. Bake in the preheated oven until tender, 20 to 30 minutes.

*The environment is where we all meet;  
where we all have a mutual interest;  
it is the one thing all of us share.*

Lady Bird Johnson



**Congratulations on helping to preserve our earth & the environment by choosing to eat organically grown fruits & veggies.**

Organic farming reduces plant & animal exposure to synthetic pesticides which harm soil organisms, beneficial insects, plants, birds, frogs, and a host of other animals. This includes pollinators such as butterflies and bees, upon which we rely for our food supply. Organic farming also helps stabilize the climate. Our planet is getting warmer. The 11 hottest years recorded in the last 100 years have all happened since 1995. Global warming occurs when there is an increased concentration of carbon dioxide in the atmosphere. Did you know that conventional farming is a large contributor to global warming? Conventional farming, with its added pesticides and chemicals, releases carbon into the atmosphere when the soil is being degraded with the loss of humus & the killing of soil organisms & the carbon they contain. Organic farming instead holds the carbon in the soil. A 23 year Farming Systems Trial study from the Rodale Institute found that conventional agricultural plots held onto basically no carbon while organic fields can remove about 7000 pounds of carbon dioxide from the air each year & store it in an acre of farmland. If all 434 million acres of American crop land was converted to organic practices, it would be the equivalent of eliminating 217 million cars from the road, or 1 car for every 2 acres of farmland. Organic farming also helps keep groundwater and surface water freer of pesticides & chemicals. A major problem with industrial fertilizers is that they create dead zones in the oceans at mouths of rivers where oxygen is depleted and higher life forms, such as seafood species, can't survive. The dead zone at the mouth of the Mississippi River is the size of New Jersey.

Source: The Huffington Post & American Nutrition Association

*"Take care of the land & the land  
will take care of you" H. Bennett*

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