



Basic Roots Community Foods

100% Local

BASIC ROOTS

Kay Grimm

Founder

Sue Spicer

Deliveries

Kay Grimm

Nutritionist

Patch

Our paid intern

& our community of farmers who help to make it all work!

IN THIS ISSUE:

- Scrumptious Spaghetti Squash
- Yellow Wax Bean Salad
- Yellow Wax Beans with Roasted Peppers
- Watermelon Salsa
- De-Sliming OKRA
- OKRA Gumbo
- Versatility of Heirloom Tomatoes

<http://www.basicrootscommunityfoods.kaysue.org>

AUGUST 18, 2010

DISCOVERING SPAGHETTI SQUASH

have a mild flavor that is easily enhanced by the food served with or on it. A dieter's dream, a four-ounce serving of spaghetti squash has only 37 calories. Spaghetti Squash can be stored at room temperature for about a month. Spaghetti squash also freezes well. Pack cooked squash into freezer bags, seal, label and freeze. Partially thaw before re-using, then steam until tender but still firm, about 5 minutes.

How To Cook Spaghetti Squash

- **Bake It** -- Pierce the whole shell several times with a large fork or skewer and place in baking dish with some water in the dish. Cover with foil (to steam it) Cook squash in preheated 375°F oven approximately 1 hour or until flesh is tender.
- **Boil It** -- Heat a pot of water large enough to hold the whole squash. When the water is boiling, drop in the squash and cook for 20 to 30 minutes, depending on its size. When a fork goes easily into the flesh, the squash is done.
- **Microwave It** -- Cut squash in half lengthwise; remove seeds. Place squash cut sides up in a microwave dish with 1/4 cup water. Cover with plastic wrap and cook on high for 10 to 12 minutes, depending on size of squash. Add more cooking time if necessary. Let stand covered, for 5 minutes. With fork "comb" out the strands.
- **Slow Cooker or Crock-Pot** - Choose a smaller spaghetti squash (unless you have an extra large slow cooker) so that it will fit. Add 2 cups of water to slow cooker. Pierce the whole shell several times with a large fork or skewer, add to Crock Pot, cover and cook on low for 8 to 9 hours.

Once the squash is cooked, let it cool for 10 to 20 minutes so it will be easier to handle, before cutting in half (if it wasn't already) and removing the seeds. Pull a fork lengthwise through the flesh to separate it into long strands. (See photos.) You can do these steps ahead of time, then prepare spaghetti squash recipes whenever the mood strikes.



WAX BEAN SALAD

- 1/2 lb. wax beans, cooked until crisp tender
- 3 green onions, chopped
- 1 sm. diced red or green sweet pepper
- 3 tbsp. oil
- 1 tbsp. wine vinegar
- 1/4 tsp. salt
- 1/8 tsp. pepper
- 1 tbsp. chopped parsley
- 1/4 tsp. oregano

Combine all ingredients, toss and refrigerate 1 hour at least.

Yellow Wax Beans with Roasted Pepper

Ingredients

- 1 yellow bell pepper or substitute with a sweet pepper from your delivery
- 1 red bell pepper
- 3/4 pound green beans, trimmed (you can omit to focus on the yellow wax)
- 3/4 pound yellow wax beans, trimmed
- 1 teaspoon olive oil
- 1 garlic clove, minced
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 2 tablespoons pine nuts, toasted
- 2 teaspoons grated lemon rind
- 1 tablespoon fresh lemon juice

Preparation

Cut bell peppers in half lengthwise; discard seeds and membranes. Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 15 minutes or until blackened. (Roast any Peppers in this way.) Place in a zip-top plastic bag; seal. Let stand 10 minutes. Peel and cut into thin strips. Place green beans in a large saucepan of boiling water; cook 4 minutes. Remove with a slotted spoon. Plunge beans into ice water; drain. Add wax beans to boiling water; cook 4 minutes. Drain and plunge beans into ice water; drain. Heat oil in a large nonstick skillet over medium-high heat. Add bell pepper strips, beans, garlic, salt, and black pepper; sauté 2 minutes or until thoroughly heated. Remove from heat, and add the nuts, rind, and juice, tossing gently to coat.

Watermelon Salsa

- 3 C finely diced watermelon
- 2 hot Peppers, seeded & minced
- Cilantro to taste or not
- 1/4 C Lime juice
- Red Onion, diced, to taste
- Salt to taste

Place watermelon, jalapenos, cilantro, lime juice and onion in a medium bowl; stir well to combine. Season with salt. Serve at room temperature or chilled.

Hot Pepper Tip:

The seeds and surrounding membrane are the spiciest part of the hot pepper. To increase the heat of the salsa, use some or all of the seeds, depending on your preference, along with the flesh of the pepper.

Here's a super simple **no-slime** recipe. Clean and completely dry each okra pod. Then cut it length wise into 2 (if the okra is quite plump then cut 4 times). Options here: shallow fry these slender okra lengths in oil till crispy; or bake in the oven till same. And then sprinkle ANY powder known to man on them. You can do Indian spices or mexican or italian or ca-jun.....improvise and top off with some lime juice.

Okra does not have to go all slimy on you. The trick is to wash it and dry each pod completely before you chop it. The knife and cutting board must also be dry. If slime collects on the knife, keep wiping it dry as you chop. Covering the pan while cooking also makes it ooze so that's another thing to avoid. The okra is added to these only when they are boiling so it

Then again if "slimy" bothers you...add just a wee bit of oil to a [skillet](#) ..over medium heat stir the okra until it not longer slimy. This will be obvious as you stir... you will see the "strings" as you move the okra around. When you no longer see the "strings" the slimyness is all but gone. Add to the gumbo at this point. It may brown a bit here and there...but that is ok. **This is what works the best in my opinion.**

Vegetarian Okra Gumbo



- Okra adds thickness and body to the gumbo.

Ingredients

- 1 tablespoon vegetable oil
- 1 medium onion, finely chopped
- 1/2 fresh Okra
- Heirloom/Red fresh tomatoes, chopped
- 1/2 teaspoon file powder
- 1 teaspoon salt
- 2 tablespoons vegetable oil
- > 1 clove garlic, minced
- > 1 sweet pepper, finely chopped
- > 8 ounces fresh mushrooms, sliced
- > 1 (6 ounce) can tomato paste
- > 2 bay leaves
- > 1 teaspoon ground black pepper
- > 2 tablespoons all-purpose flour

1. Heat 1 tablespoon oil in a large saucepan over medium heat. Stir in garlic, onion, and green bell pepper, and saute until tender. Stir in okra, mushrooms, diced tomatoes and their liquid, tomato paste, file powder, bay leaves, salt, and pepper. Cook, stirring occasionally, 40 minutes.
2. Heat 2 tablespoons oil in a medium skillet over medium heat. Stirring constantly, add flour, and cook 2 to 5 minutes, until a golden brown roux has formed. Spoon the roux into the okra mixture, and continue to cook, stirring occasionally, 5 to 10 minutes, until thickened.

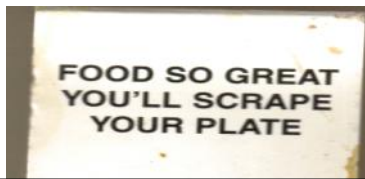
Meat Eater's Gumbo - The Most Traditional Cajun Food

Gumbo is probably the most traditional cajun food. A gumbo is basically a soup cooked with a roux base. Because of their availability, gumbo is frequently made out of chicken, and the older the chicken the better the gumbo. Because of this, you can make a better gumbo out of a hen as opposed to a fryer. However, you can make gumbo out of many fowl (guinea, pigeon, goose, duck, woodcock, dove, quail), game (rabbit, squirrel) or seafood (shrimp, crab and oyster). You can also add any smoked sausage, andouille sausage, tasso, and chicken gizzards and hearts to the gumbo. Gumbo is a soup and it is usually served over cooked white rice. But don't use a lot of rice, because it is eaten as a soup and not as rice and gravy.

Heirloom tomatoes are so named because they are grown from seed that are at least 50 years old, which are passed down thru generations of families, like an heirloom. The typical tomato at the grocery store is a commercial hybrid, genetically adapted to look perfect & taste like cardboard. These seeds cannot be saved to be replanted. This is not the case for heirlooms. As the result of open, natural pollination, heirloom tomatoes enjoy greater diversity and therefore come in all sizes, shapes and flavors.

Ways to include Heirloom Tomatoes in your diet:

Like regular tomatoes, heirlooms are very versatile and can be added to plenty of dishes including soups, salads, sautés, salsa dips, sandwiches, pizza or best of all, enjoy the taste of it sliced.



Basic Roots

Locally sourced produce from 9 Indiana farms, sustainably grown and/or no preservatives.

AUGUST PICKENS' 2010

Community Foods

NEXT DELIVERY IS
September 15, 2010
The Late-Summer Harvest

**Use within (so many days) symbol*

Farm Fresh EGGS— brown + a colored Easter egg from our good farmer, Danny O' in Monrovia. Very fresh so *up to 1 month in frig

"Yellow Doll" Watermelon— grown organically (without the certification) Dave Wilson farm. Yellow meated with still the good flavor of watermelon. *cool, dry place or refrigerate 2 weeks.

STANLEY PLUMS—Stanley's are one of the tastiest of all the plums. They are excellent fresh as well as canned. A high sugar content makes them ideal for drying, hence the prune. These came from Anderson Orchard, a U-pick fruit farm in Monrovia. *refrigerate/2-3 weeks

"Canadian Harmony" Yellow & old fashioned White PEACHES- come from a small sustainable family Orchard in Shelbyville. These are no-spray fruits. Taste like the real thing! *refrigerate & eat fresh.

ASIAN PEARS— are not picture perfect but because they have been grown organically, their taste is superb. Crunchy & juicy they will sure to delight. *refrigerate, 2 weeks

SPAGHETTI SQUASH— is finally gaining some acceptance here, locally. It's such a superb substitute or in addition to any spaghetti dish *cool, dry place for months.

A rainbow of HEIRLOOM TOMATOES— organically grown, straight from our farm project: Devington Green Acres Farm. Pink Brandywine, Purple Cherokee, Golden Jubilee & old fashioned red Rutgers round out the pickens. *keep at room temperature, only refrigerate when the fruit splits or is bruised.

"Clemson spineless" O KRA— organically grown, freshly picked, from our Devington Green Acres Farm. *refrigate-5 days.

"Old-fashioned YELLOW SQUASH, Green & Gold Rush ZUCCHINI - These late summer beauties were sourced from 3 different farms. *refrigerate.

GREEN CABBAGE -a late summer variety 'Blue Thunder' that boasts of small but solid heads that we just harvested recently at our Devington Green Acres farm. *refrigerate—keeps long time.

Healthful HOT PEPPERS - these beauties, from the long green Cayenne, orange or chocolate Habenero, red Cherry Bomb, & Jalapeno *refrigerate up to 2 weeks or chop/freeze

Multi- & Colored SWEET PEPPERS—are so nutrient dense. Each colored variety imbues a different flavor to your dish. Long banana, lime green (thick walled) Marconi, red scalloped Pimento, purple & also ivory Bells all may be in the mix. *refrig loosely in veggie drawer, 2 weeks

YELLOW WAX BEANS -If you have not tried this summer bean, it's your lucky day. Hard to find, I think because it's more of an old fashioned string bean that has all but disappeared. Sue & I are big fans of the yellow wax & want to share them with you. Carroll County Growers. *refrig in sac provided, 1 week

Not liable for food once delivered. Members receive all or part due to subscription, allergies or dietary needs.

Email us basicroots4u@yahoo.com to be part of our next delivery.

www.basicrootscommunityfood.kaysue.org "Local Goodness to your door" - Year Round!