



100% Local

Basic Roots Community Foods

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BASIC ROOTS

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& our commu-
nity of farmers
who grow to
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IT'S A FRUIT ISSUE FOR BASIC ROOTS

This month you are getting 6 "servings" of fruit!! Making up 1/2 of your other pickins'. A couple of droughts, cold, wet winter stressed the fruits to a point that WE're having a fruiti-licious season.

Have you ever wondered where I get the recipes for the newsletter? I will tell you- rarely off the internet. I've been cooking, slow food, style since I can remember. Growing up on a small, sustainable family farm we grew & raised good food. My parents taught me to cook, slow food style. I remember it being such a treat to hog out at Ponderosa! Then, in my 20's, the early 1980's, I became a full fledged Vegetarian. Laurel's Kitchen, the classic vegetarian cookbook became my Bible. For the next 7 years I endured all sorts of groans & puzzled looks from friends & family because basically they did not know what a vegetarian was or ate. Eventually, I realized I was always hungry & that that lifestyle no longer suited me. But it gave me great experience in having empathy to suit the different needs of our members. As I have been cooking all these years, I have collected a couple of binders full of great recipes I have trialed & tested, mostly all vegetarian. So chances are I have already made the recipe, and tweaked it a little bit to make it work with your delivery. There are some especially fun ones in this newsletter.

WATERMELON PIZZA

Adult-friendly Version, gluten-free!

Sweet melon, salty feta & olives, red onions & a hint of lime: sublime!

1 Watermelon 1 C crumbled feta cheese 6 TBS red onion, finely diced
1 C Kalamata olives, drained & patted dry 3 TBS freshly squeezed lime juice
3 TBS olive oil 12 sprigs of mint

Cut three 3inch thick rings from center of watermelon. Eat the rest. Place each melon ring on a plate and sprinkle each with 1/3 of the feta, olives & red onion. Drizzle each ring with 1 TBS of lime juice & olive oil. Cut each ring into 4 pieces as you would a pizza. Garnish each slice with mint.

WATERMELON PIZZA SUPREME

Child-friendly Version

Sweet melon, with nuts & happy stuff

1 inch thick watermelon round slice 1 C strawberry preserves
1/2 C raisins 1/2 C chocolate chips 1/2 C chopped walnuts
1 C sweetened shredded coconut

Place the watermelon slice on a serving platter & cut into 6 wedges leaving them in the shape of a pizza. Spread the preserves over the watermelon & sprinkle the toppings over the top.

Watermelon Ice Cubes: Puree the watermelon & pour into ice cube trays. Freeze & enjoy in your favorite beverages. Adds a light, fruity flavor to beverages from sparkling water to sodas to vodka.

TOMATO FRITTATA

1 TBS butter

1/4 C chopped onion

8 eggs

2 TBS grated parmesan cheese

1/2 tsp oregano leaves

Salt & pepper to taste

1 large Tomato, chopped

In large oven-proof skillet melt butter. Add onion & cook until soft, about 5 minutes. Beat together eggs, cheese, oregano, salt & pepper until well blended. Pour over onion in skillet. Cook just until eggs are beginning to set at edges. Sprinkle tomato over egg mixture. Cook until eggs are se, 4-6 minutes longer. Broil about 6 inches from heat until lightly browned, 2-3 minutes. Garnish with fresh tomato slices, if desired. Cut in wedges & serve to serve 4.

ARUGULA GAZPACHO

3 large cloves of garlic

1 C of tomato juice

1/2 C chopped flat leaf parsley

2 TBS fresh lemon juice

1/4 C red wine vinegar

1 TBS balsamic vinegar

1 bunch fresh arugula, cleaned

1/2 tsp salt

1 lb ripe tomatoes (3-4 med), finely chopped

1 colored sweet pepper, seeded & finely chopped

1 cucumber, peeled, seeded (if need be) & finely chopped

1/2 C red onion 2 green onions, finely chopped

Plain yogurt for garnish

1. In a food processor, mince garlic & optional jalapeno, then add all the ingredients listed above the tomatoes. Process 2 minutes, until fully pureed. Transfer to a large bowl & stir in tomatoes, peppers, cucumber, red & green onions. If desired, add water for a thinner consistency. Season with salt & pepper. Chill at least 2 hours. Serve with a dollop of yogurt.

PICKLED GRAPES

Not your usual pickle: minced onion adds a savory dimension to these pickled grapes

3 C stemmed, seedless grapes

1 1/2 C sugar

1 C white wine vinegar

3- (3") Cinnamon sticks

1 TBS Minced ONION

1. *Wash the grapes & divide them into 3 pint size canning jar or like jar, thereof.*
2. *In a small saucepan, bring the sugar, vinegar, cinnamon & onion to a boil, then simmer 5 minutes. Pour the syrup evenly over the grapes & insert a cinnamon stick in each jar. Seal tightly & refrigerate at least 8 hours. Makes 3 Cups.*

Serve as a condiment for meats & egg dishes.

CARROT GRAPE SAUTE

Cooked carrots are anathema to some people, but no one can resist them prepared this way:

2 pounds carrots, peeled & cut in thick diagonal slices

4 TBS butter

1/4 tsp sugar

1 TBS vodka OR rice vinegar

1 C seedless grapes, halved

Finely chopped parsley, optional.

Heat butter in a large, heavy skillet; add sliced carrots & cook, tossing, over medium heat, until they become slightly tender. Sprinkle with sugar & cook briefly. Stir in vodka & 1/2 C water & continue cooking briefly.

When carrots are completely tender, add grapes, cover pan & cook for 2-3 min longer. Season with salt & pepper, & parsley & serve. Serves 6.

ROCKET SALAD WITH CHAMPAGNE VINAIGRETTE

1/2 C Dijon mustard

1 C champagne

1 C lemon juice

2 TBS sherry or like vinegar

1/2 C favorite Oil

2 TBS sugar

Salt & pepper to taste

6 C torn "Rocket" Arugula

1 of your apples, sliced

4 ounces French-style Brie cheese, sliced

1/3 C toasted pecans

1/4 C dried cherries or *optional that I think would rock-slice in 1/2 some of your grapes & toss in. powdered sugar for sprinkling

1. Whisk together mustard, champagne, lemon juice and vinegar until well-combined. Slowly drizzle in the oil, whisking well to combine. Whisk in sugar, season with salt & pepper.

2. Drizzle bottom & sides of a salad bowl with the vinaigrette, reserve remaining for another use. Add arugula to bowl and toss well to coat.

3. Divide arugula among 4 plates; top evenly with cheese, apple slices, pecans, dried cherries, grapes. Sprinkle with powdered sugar.

*To toast pecans, cook in a skillet over low heat, stirring constantly, until lightly browned, about 2-4 minutes.

EASY EGGPLANT LASAGNA

Layer in a greased 13x9" baking dish, in the order given, making two layers of each ingredient, 1/2 of: 14 cooked lasagna noodles; mixture of 2 C ricotta or cottage cheese, 1/4 C water, fresh, thick layer of sliced tomatoes-seasoned with basil & oregano, salt & pepper, 1/4 C water, 1 beaten egg, 3 C shredded Mozzarella cheese; 3 eggplant cut into thin slices, breaded with wheat or rice flour & salt, browned in oil & drained on paper towel. Top with more tomatoes & another cup of mozzarella. Cover with foil. Bake at 375 degrees for 40 minutes. Serves 8.

GREEN BEAN SALAD

Fresh Beans

Boiling salted water

5 TBS olive oil

1 large Onions, finely
chopped

3 hard boiled eggs

2 celery stalks, chopped

1/2 green pepper, chopped

1/4 C chopped walnuts

2 TBS wine vinegar

Salt & pepper to taste

1. Snap the beans & cook in the boiling salted water until barely tender. Do not overcook.
2. Heat 2 TBS of the oil in a skillet & sauté the onions until tender & lightly golden.
3. In a salad bowl, chop the beans & add the onions. Grate the eggs over the beans & onions. Add the celery, green pepper and nuts.
4. Add the remaining oil, the vinegar, salt & pepper and toss.

SWIMMING MELON (Honeydew)

(Nam Van Loi Mak Teng)

is a dessert dish native to Laos. The few desserts that do exist there, all feature sticky rice or coconut milk or both.

This is very simple to make while being something different to try.

The grated meat of 1 fresh coconut or packaged unsweetened shredded to make the milk

1 Melon

1 C sugar

Or my variation-forget the shredded stuff. Get some canned unsweetened coconut milk & make this really easy.

Cut the melon in 1/2, remove the seeds and scoop out the flesh in large pieces onto a cutting board. Cut the flesh into very thin strips, not much thicker than a matchstick and cut these into lengths of about 1 1/2 inches. Divide the strips into individual serving bowls. (Commercial break)

Did you know the coconut is the most useful tree in the world?! How to make fresh coconut milk-Coconut "milk" or "cream" is a thick sweet liquid produced by pouring boiling water over grated coconut (fresh or shredded), leaving it to cool and squeezing the liquid from the pulp through a cloth. Twice as much water by volume as there is grated coconut produces "milk" of normal thickness, half that amount of water will yield the thicker "cream". It is an emulsion, as is cow's milk, but contains less protein & more fat. If it is left to separate, the fat rises to the top as coconut oil.

Next: Mix the sugar into the second (thinner) extraction or canned coconut milk and apportion this mixture into the bowls. Top each with a layer of the first (creamier) extraction of coconut milk & serve.