



Basic Roots Community Foods 5years old!

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

DECEMBER 15, 2010

BITCHIN' BLACK BEANS

100% Local Goodness

**BASIC
ROOTS**

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Nutritionist

Patch

Our paid intern
& our commu-
nity of farmers
who help to
make it all
work!

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Black beans are a National staple of South America and the Caribbeans. Being available more locally, they may become your staple too. These beans are versatile in a chili & soup and are excellent boiled, mashed, and served with melting squares of cheese. Rule of Thumb: 1C of dry will yield 3 C cooked. They triple in size when soaked overnight.

This is my tried and true method of cooking "Fart-free" dried beans:

Rinse 1-2 C beans in a colander, picking out any stones, etc. Put in a saucepan high enough to allow them to swell (3X; the size). Cover with 6-8 C of water. The beans will soak it all up. Let soak overnight.

Next morning: Pour out the water through a colander to catch the beans & compost the water (rich in minerals & good for worms, but remember we're looking for "fart free") Next, rinse again & place back in saucepan, adding in just enough water to slightly cover plus a little bit more on your beans. Do not add salt at this time. Biggest mistake on why your beans didn't soften up because the salt is added too early. Put it on low-medium heat and watch it simmer. As it is simmering a dirty foam emerges. 2 things are going on—one never can quite get dry beans clean so that's the dirty part and the foam is the gas the bean is releasing which gives you the gas. Skim that off and keep skimming off. As it comes to a boil, your beans should be pretty foam-free. Lower to a simmer for 1 1/2 hour. Beans are ready when fat & soft. Save this water for your soup stock. Season with salt because now they are ready to soak it up. Eat some now. Yum. Proceed to either make soup in bean pan, pour into crock pot or refrigerate until you may need them.

OUR STORYCONDENSED

When the farmer's markets closed the fall of 2005, we were at a crossroads. We wanted to eat clean food, but we couldn't find it. We live & operate out of the Near Eastside which is classified as a "food desert". When Kay helped certify the conglomerate Indianapolis Fruit's Processing "organic", she connected the dots and created **Basic Roots Community Organics**. Partnering with friends, we bought in bulk, divided it amongst our members and delivered it. We proved we would "work for food".

Spring hit and we re-introduced ourselves to the farmers. Side by side, organic by local, we couldn't mistake the quality and taste difference. Kay began asking farmers, "what will you have for me this winter"? Winter of 2006, Kay called them all, with Sue visiting the farms & farmers to pick up the goods. They ran out of food quick and we were back at Indpls Fruit. Spring hit and there we were again. Buying what they had, not what we thought we wanted. We were convinced growing farmers was as important as eating chemical-free for us and the community at large.

Basic Roots Community Foods became our moniker as we transitioned into a completely local foods business. We've bought in bulk from over 250 different growers in our 5 years! This will be our third winter never to buy from Indpls Fruit again. When we began there were ZERO winter markets in Indy, as of this writing 3 now exist.

We believe our education driven, conveniently delivered and stellar quality goods is the model for growing food security and general health of our citizenry— Not to mention grow the local economy! 70% of money you spend with farmers gets spent locally.

Thank you members! Thank you! Thank you! Thank you! Thank you for partnering with us to eat better, support food diversity and grow farmers (thereby our local economy). Slow Food equates into Slow Money.

Local Farmers. Growing Healthy Foods. Growing Healthy People. Growing Local Farmers. period.



Fresh Winter Salad featuring Spicy Arugula, Sweet Beets, Crunchy Daikon with your favorite Cheese

Salad Ingredients:

Beets -(boiled until a fork easily pierces it, about an hour), peeled, sliced into strips
Arugula—rinse & pat dry with paper towel
1/2 Daikon—thinly sliced into rounds
 Goat or other fine *Cheese*
Walnuts—chopped
Goldrush Apple-chopped (optional –think this would really be good too in this

Dressing Ingredients:

Olive Oil Salt & Pepper
 Lemon, freshly squeezed
 Dry Powdered Mustard
 Sugar

The amount of

ingredients depends on how many people you are serving and how much salad you intend to serve them. The important thing is that this is a good blend of flavors. Compose each plate individually. The dressing for three individual salads was 1/4 cup of olive oil, 1/2 lemon, 1/4 teaspoon of powdered mustard, 3/4 teaspoon of sugar, salt and pepper to taste. Actually, it is all to taste. These are only approximate measurements.

Assemble the salad according to how much you want. A handful of arugula leaves, a few beet juliennes, Daikon rounds, some crumbled cheese, garnish with chopped walnuts. Drizzle with vinegarette dressing.

BAKED ACORN SQUASH

2 Squash, 2 Apples, butter & brown sugar

Cut squash in half & remove seeds. Place cut side down in shallow baking dish, add 1/2 C boiling water & cover. Bake in 350 preheated oven for 10 min. Remove cover, turn cut side up & sprinkle with salt. Peel, core & slice apples. Fill cavities with apples. Dot with butter, sprinkling brown sugar on top. Add 1/2 C boiling water to bottom of pan. Bake 30 min or until tender.

CARROT CASSEROLE

Cook until tender: 2 1/2 C carrots cut in 1/2" pieces. Mash carrots but leave chunky. Cool Slightly. Saute in 1/4 C butter: chopped onion. Cool slightly. Beat 3 eggs. Add: carrot, onion, a pinch of nutmeg, 1/2 C heavy cream, half & half or milk and 2 C finely grated sharp cheddar cheese, firmly packed. Bake in greased 8" x 8" casserole at 350 degrees for 35-40 minutes.

Twice Baked Sweet Potatoes

Ingredients

- 6 sweet potatoes
- 2 tablespoons salad oil
- 1 (8 ounce) package cream cheese, softened
- 1/3 cup brown sugar
- 2 tablespoons margarine
- 1 tablespoon vanilla extract
- 3/4 teaspoon salt
- 1/2 teaspoon pepper
- 1/3 cup chopped walnuts

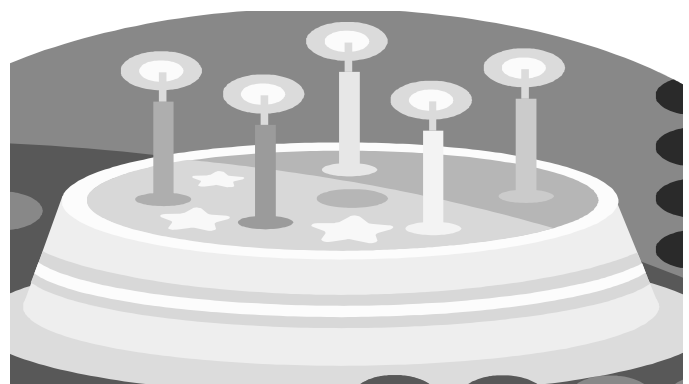


Directions

1. Preheat oven to 350 degrees F (175 degrees C).
 2. Rub sweet potato skins with salad oil. Wrap potatoes in aluminum foil and bake in preheated oven for 1 hour, or until soft.
 3. Meanwhile, in a large bowl combine cream cheese, brown sugar, margarine, vanilla, salt and pepper.
 4. Cut potatoes in half and scoop flesh into the bowl with the other ingredients. Mix well and fold in walnuts. Spoon mixture into potato skins.
- Bake for 5 minutes, or until heated through.

BLACK BEAN DIP

Pre-cook 1 C black beans, pouring off the liquid to save for future use. Saute finely chopped onions in oil till browned. Combine onions, beans, 1 tsp ea of garlic & celery salt, dash of black & hot pepper sauce to taste, 4 TBS Worcestershire sauce & 2 TBS sugar either in blender or with potato masher. Blend until smooth. Simmer over low heat for 20-25 minutes, stirring occasionally, until of dipping consistency. Add milk if puree gets too thick. Serve hot or cold with chips, crackers or tortillas. YUM.



Savory Complements to Sweet Potatoes

In addition to the traditional casseroles, sweet potatoes make delicious pies, puddings, and quick breads. They're also a delicious contrast to savory ingredients like cumin, coriander, lime juice, beans, cheese, herbs, garlic, and onions.

Sweet Potato - Black Bean Chili

- 2 tablespoons olive oil
- red onion, sliced
- 1 teaspoon fine sea salt
- 3 crushed garlic clove
- 1 teaspoon each ground cumin, coriander, smoked paprika
- 1/2 teaspoon each ground black pepper and ground chipotle
- 4 cups peeled and diced sweet potato (about 2 large)
- Vegetable stock or water
- 1 tablespoon pure maple syrup or substitute
- 1 tablespoon Dijon mustard
- 3-4 C of your pre-cooked black beans
- 1/4 cup crumbled goat cheese
- Warm tortillas

Heat the oil in a large (6-quart) pan or stockpot. Add the onion and cook until softened and just beginning to brown; stir in the salt and garlic and cook about 1 minute or until the garlic smells good. Sprinkle in the spices and ground black and chipotle pepper, stirring to dissolve in the oil. Add the sweet potatoes and pour over enough stock or water just to cover them. Cover the pot and cook over medium heat until tender (not mushy), about 20 minutes. Add the mustard, maple syrup and beans (including their liquid) to the pot. Bring to a simmer and cook uncovered another 10 minutes or so to blend the flavors. If you like your chili more soupy, add more stock. Serve in bowls topped with some cheese with warm tortillas

Sweet Potato Treats

Their natural sweetness makes sweet potatoes a great match for ingredients we typically associate with desserts like brown sugar, vanilla, cinnamon, honey, maple syrup, ginger, coconut, nutmeg,

Note to oneself: you can't go wrong with pickled or fermented products thru the winter months. Lots of pro-biotic nutrition to keep the flu away.



Overnight Chinese Daikon Radish Pickles

Ingredients

- 1 1/2 cups chopped daikon
- 3/4 teaspoon salt
- 1 tablespoon rice vinegar
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon sesame oil (optional)

Directions

1. In a mixing bowl, toss daikon with salt. Cover, and refrigerate until 1 to 2 tablespoons of water is released, about 30 minutes.
2. Drain and rinse daikon, removing as much salt as possible. Pat dry with a paper towel, and return to bowl. Stir in rice vinegar, black pepper and salt, if desired sesame oil. Cover, and refrigerate at least 8 hours.

Pickled Carrots and Daikon Recipe

3-4 large carrots peeled

1 medium daikon / white turnip root peeled

3 cups warm water

3 Tablespoons distilled or rice vinegar

3 tablespoons sugar

2 tablespoons salt

Stir the water, vinegar, sugar and salt and set aside.

Sharpen your knife and then cut down the carrots and daikon root down to the size of matchsticks

AKA julienne cut. If you have a fancy Mandolin, then all the better for you.... Place the carrots and daikon into glass jars and fill with the vinegar pickling solution. According to the recipe you can use them within an hour but it's best if you wait 3-5 days.