



100% Local

**BASIC ROOTS**

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**& our commu-**  
**nity of farmers**  
**who help to**  
**make it all**  
**work!**

**IN THIS ISSUE:**

- PERSIMMON PANCAKES
- SUNNY CARROTS
- ROASTED MEDLEY
- WILD AMERICAN PERSIMMON PUDDING
- POPCORN SALAD
- GOLDEN SQUASH AND GREENS
- CARRT RAISIN SALAD
- SWEET POTATOES WITH QUINOA AND GREENS
- SWEET AND TART SALAD
- CHINESE BRUSSEL SPROUTSG
- HOMEMADE EGGNO

# Basic Roots Community Foods

[WWW.BasicRootsCommunityFoods.KaySue.Org](http://WWW.BasicRootsCommunityFoods.KaySue.Org)

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**Basic Roots is 6 years old!!**

## PERSIMMON PANCAKES

*Here is a great recipe that works with the flavor of the persimmon versus overwhelming it with other spices that mask the true taste.*

- |                     |   |
|---------------------|---|
| 1 1/2 C flour       | 1/4 tsp cinnamon                            |
| 2 TBS sugar         | 1/4 tsp cardamom (if you have it) or nutmeg |
| 2 tsp baking powder | 1 C milk                                    |
| 1/2 tsp salt        | 6 TBS persimmon pulp                        |
| 1 egg               | 2 TBS melted butter                         |

For a real treat, fold in 1/2 C dark chocolate chips into the mixture at the end. Chocolate and persimmons enhance each other well.

1. *In a large bowl, whisk together flour, sugar, baking powder, salt, cinnamon and cardamom. Set aside.*
2. *In a medium bowl, combine milk, persimmon pulp, egg and melted butter.*
3. *Make a well in the dry ingredients and pour in the wet ones, stirring until mixture is mostly smooth, but still has few clumps.*
4. *Using an ice cream scoop, pour even amounts of batter onto griddle and cook first side until pancake batter is bubbling on top and brown on the bottom. Flip, cook until done. Before you top with maple syrup or butter, take the pleasure of eating & tasting the real persimmon flavor.*

**Serves 2-3 people**

## SUNNY CARROTS

Wash and scrub carrots. Use knife to cut the carrots into long strips or leave whole if thin. Put 1 inch cold water in pan. Salt till it tastes pleasantly salty. Bring to a boil. Add carrots and cover. Cook them about 15 minutes. Test for tenderness, using a fork. When carrots are tender, drain. Put in a bowl. Season to taste with salt and pepper. Add a pat of butter on top and serve.



## ROASTED MEDLEY

**1 Butternut Squash or substitute**

**2-3 Sweet potatoes**

**1 onion**

**3 garlic cloves**

**2 TBS olive oil**

**Coarse salt**

Preheat oven to 400 degrees. Oil a baking pan or roaster pan. Cut both ends off squash and then slice lengthwise. Remove and discard seeds. Cut each half into slices about 1/2 thick. Add to bowl. Halve sweet potatoes lengthwise. Cut each half into 1/2 " slices. Add to bowl. Slice onion and garlic: add to bowl. Toss these veggies with olive oil in bowl and then place in roaster pan or other. Chew some coarse salt over entire medley and roast 30-40 minutes or until veggies are tender.

## AMERICAN WILD PERSIMMON PUDDING

1 C persimmon pulp

1 C sugar

1 egg beaten

1 C flour

1/2 tsp baking powder & 1/2 tsp baking soda

1/2 C whole milk

1/2 C buttermilk (or 1 C total whole milk)

1/4 C melted butter

*Combine the pulp along with the other wet ingredients into one bowl. Mix well.*

*Combine the flour, baking powder, baking soda together into a separate bowl.*

*Mix well. Now combine everything into one bowl. Pour into 13 x 9 x 3 inch ungreased baking pan.*

*Bake in preheated 350 degree oven for one hour. Pull and let cool for 10 minutes. Serve in shallow bowls with ice cream, milk, or whipping cream or all of the mentioned.*

**For an interesting twist called "Sticky Corners" style - place ingredients in oven for 20 mins, pull and stir entire pan then put back into oven for 20 more mins, then stir again then back into oven for final 20 mins (total 60 oven mins). Let stand for 15 minutes. The pudding gets sticky and chewy in the corners.**

## **Home Made Egnog**

***You'll need 1 egg, 2 TBS sugar, dash salt, 1 C milk, 1/2 tsp vanilla***

***Break egg into mixing bowl & beat egg until smooth & thick. Add sugar, salt to egg. Then, beat until you can see that sugar, salt are dissolved. Beat in milk & vanilla. Serve immediately.***

***Makes 1 cup.***

## C H I N E S E   B R U S S E L   S P R O U T S

*Bored with steamed and boiled brussel sprouts with butter!!! Try pepping them up Chinese-style with this unusual stir-fried method.*

**INGREDIENTS: AT LEAST 1 STALK OF YOUR BRUSSEL SPROUTS**

SEASAME OR SUNFLOWER OIL

ONIONS, SLICED

Tsp OF CHINESE FIVE-SPICE (I have that, do you?)

SOY SAUCE

1. Twist & pull off sprouts from stem. Trim. Rinse. Shred them finely using a large, sharp knife or a food processor.
2. Heat the oil and add the sprouts & onions. Cook for 2 minutes, without allowing the mixture to brown. Add the five-spice powder and soy sauce to taste, then cook, stirring, for 2-3 minutes, until just tender.
3. Serve the stir-fried sprouts hot, as part of a selection of Chinese dishes for something different this holiday. Chinese meals are made up

**POPCORN SALAD**—HAVE NOT TRIED THIS ONE YET BUT SOUNDS VERY INTERESTING.

This recipe comes from the Kuipers Family Farm, my homeland of Maple Park, IL.

6 Cups popped popcorn

1/2 C green onions, sliced

1 C sliced celery

1 C mayo or salad dressing

1 C diced crisp bacon

1 C grated cheese

1 C sliced water chestnuts

Mix together. Chill. Makes 10 servings or more

**SWEET POTATOES WITH QUINOA AND GREENS**

We love quinoa. It's really all about the texture.

4 medium sweet potatoes

Salt

3 TBS olive oil, divided

1 chopped onion

2 cloves garlic, chopped

2 tsp peeled and chopped fresh ginger

1 TBS curry powder (optional)

3 C of your leafy greens (chard or kale), cut into strips

1 1/2 C quinoa

3 C water or broth

2 TBS olive oil or a pat of butter

Squeeze of lemon

1. Peel potatoes and slice 1/4 inch thick. Toss with salt and 1 TBS olive oil. Place on a well-oiled baking sheet. Cover with foil. Put into a cold oven, heat to 400 degrees and bake 30-40 minutes. Uncover and bake 20 more minutes.
2. Meanwhile, heat 2 TBS olive oil in pot, and sauté onion. Add garlic, ginger and curry; sauté until sizzling. Add greens and stir until wilted. Add quinoa and 3 C water or broth. Simmer until liquid is absorbed, about 15 minutes. Add olive oil and butter and lemon juice.
3. Serve potatoes over quinoa and greens. Yum.

Serves 4

**SWEET AND TART SALAD**

1/3 C olive oil

1 TBS honey

4 C finely shredded cabbage

1-2 apples, quartered, cored & sliced thin crosswise

1 med size turnip or (jicama, kohlrabi,..)

5 radishes, halved lengthwise & sliced thin crosswise

2 green onions, sliced thin

Beat oil, vinegar, honey, salt & pepper in large bowl with fork until well blended. Add remaining ingredients. Toss to coat.

Cover and refrigerate at least 4 hours before serving.

Makes 8 cups.

1/4 C apple cider vinegar  
salt & pepper

2-4 carrots-coarsely shredded

**GOLDEN SQUASH AND GREENS**

1 BUTTERNUT OR OTHER WINTER SQUASH

4 CUPS CHOPPED LEAFY GREENS

1 TBS VEGETABLE OIL

1/2 C CHOPPED GREEN ONIONS

2 TBS BUTTERMILK

1 TBS MAYONNAISE

1 1/2 TBS FRESH LEMON JUICE

1/2 tsp DRIED DILL WEED

1/4 tsp PAPRIKA

1 tsp salt or to taste

1/2 CUP COTTAGE CHEESE

Quarter squash and remove the seeds. Steam or bake until soft. Peel and mash. You should have 2 C mashed squash. Steam the greens to desired tenderness (from 5 -30 minutes). Saute onions in hot oil in a small pan.

Combine buttermilk, may, lemon juice, dill weed, paprika, salt and cottage cheese in blender and blend until smooth. Stir mixture into onions. Combine with squash and greens.

Makes 4 generous or 6 small servings.

**Carrot and Raisin Salad**

If you tire of cooked carrots, this cold salad will be refreshing, yet colorful with the rainbow colors.

4 C shredded carrots

3/4 to 1 1/2 C raisins (to taste)

1/4 C salad dressing or mayo

2 TBS sugar

2 to 3 TBS milk

Place carrots and raisins in a bowl. In another bowl, mix together salad dressing, sugar and enough milk to reach a salad dressing consistency. Pour over carrot mixture and toss to coat.