



100% Local

BASIC ROOTS

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Basic Roots Community Foods

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GLUTEN FREE RAMBLINGS: *Even five years ago, allergies to wheat (Celiac disease) was like a culinary death sentence. Life without wheat was like “what can I possibly eat?” My older sister was diagnosed in 2004 with celiac disease and discovered it was primarily found in wheat, rye, barley, and even oats! Not only food but bath care products to hair care can cause problems. When someone with this intolerance eats these foods or uses products with these allergens, an autoimmune response occurs in their small intestine, resulting in damage to the surface of the small intestine to the degree that it blocks their ability to absorb nutrition from food. My oldest sister, Cindee, 53, also has it. Dreaded genetics! So I got tested. The best procedure to test for it is a small bowel biopsy. The scope down your throat to inspect & take samples of the small intestine’s lining. I recommend you have it done, if you’re wondering, when you’re in for a colonoscopy which is they way I had it done. Turned out a slight allergy but not full blown. By this time, I was practically eating GF for fear I had it. “those mood swings” Having been on the journey with my sisters, I found it rather easy to eat this way. Still I eat pretty much GF because I feel it is healthier. In fact, I feel that the wheat supply is tainted with GMO genes.*

A good place to shop for gluten free is not at the Natural Foods Markets because they’re capitalizing on the malady but rather shop at our local ethnic supermarkets-Saraga International Market, Lee’s Ethnic Market, India Palace, Saigon Market and any Hispanic grocer. Most are located in an area of the city NW called the International Marketplace around 30th to 42nd along Lafayette Rd and 38th street. . Go to Saraga, esp, around 34th & Lafayette Rd. Every ethnicity is represented as well as produce native to different countries. You’ll be amazed at the gluten free opportunities. Eating healthy has never been better. Rice noodles instead of whole wheat linguine, corn tortillas instead of burrito wraps, Spring rolls instead of egg rolls.. Don’t forget about BEEFREE gluten free Bakery Jennifer Wiese would answer any questions you might have and she’s a live person-local. www.CSACELIACS.INFO & www.glutenfreeliving.com are good websites for more info.

Foods *Gluten Free*

- Fresh meats, fish and poultry (avoid breaded or pre-marinated)
- Most dairy & all eggs
- All Vegetables
- Rice
- Potatoes
- Gluten-free flours (rice, soy, corn, potato, arrowroot, bean & more)

As you can see eating GF is very healthy and balanced. It takes a knack making baked goods using GF flours. Wheat has gluten which is the binder that holds the goods together. The secret to binding GF flours is Xanthan gum.

HEART-SMART BREAKFAST PARFAIT

Ingredients: 1/4 C Raisins

1 tsp finely shredded orange peel (set aside)

TBS orange juice

1 tsp Vanilla

1/2 of an 8 oz. pkg reduced fat or not cream cheese (Neufchatel), softened

1 TBS sugar

1-2 C partially thawed Fruit Loop Acres fruit (your choice)

1/2 C Granola

Honey and shredded orange peel (optional)

In a small microwave-safe bowl, combine raisins and orange juice.

Cover and microwave on high for 30-45 seconds; let stand for 1 minute to plump raisins. Stir in vanilla; set aside.

In a medium bowl, combine cream cheese and sugar; beat with an electric mixer on low to medium speed until smooth. Stir in raisin mixture and the shredded orange peel.

In 4 parfait or similar glasses, layer half of the cream cheese mixture, half of the fruit and half of the granola. Repeat layers, if desired.

Serves 4.

I wrote this 2 years ago in a newsletter but thought since we have new members and this is the start of a series of 4 or more canned Amish goods: Canned Goods or "Preserved Summer Produce" is what farmers & others have done for 100 years and for good reason. It was another way they could extend the season & be assured of food security.

Useful tips: Do not store jars above 95° F or near hot pipes, a range, a furnace, in an uninsulated attic, or in direct sunlight. Under these conditions, food will lose quality in a few weeks or months and may spoil and dampness may corrode metal lids, break seals, and allow recontamination and spoilage.

The lid should have a tight seal. It should not be bowed out in the middle. While opening the jar, smell for unnatural odors and look for spurting liquid and cottonlike mold growth (white, blue, black, or green) on the top food surface and underside of lid or underside of jar. Discard the deadly contents & jar.

We check your lids and visually look over the contents of your canned goods before they go out from us but these are useful when purchasing canned goods from other farmers.

SHIITAKE STUFFED POTATOES

4 baking potatoes

6 TBS butter

1/2 C sour cream

2 TBS butter

Salt & pepper

4 green onions, chopped

1/2 chopped mushrooms

Bake the potatoes. Saute the mushrooms & onions in the 2 TBS butter. Scoop out potatoes when done & mash with 6 TBS butter, salt & pepper and even a bit of cream or cottage cheese. Fold in that yummy mushroom mixture. Replace in skins. Dot with butter. Bake at 375 for 20-30 minutes till the flavors have melded together. Crush & cover with sweet potato chips. **Serves 4**

GLUTEN FREE RICE PUDDING WITH FRUIT LOOP ACRES FRUIT

Serves 6-8

Use basmati or jasmine rice, which makes for a more fragrant, subtle pudding.

Ingredients:

1/2 C rice cooked in 1 C water (you can double

this for more servings.

2 C milk or cream

1/4 C sugar

4 of your eggs

1/2 tsp cinnamon & pinch of salt

1 tsp vanilla

1 tsp cornstarch

In medium saucepan, cook rice in water until tender. Remove from heat. To cooked rice, add remaining ingredients and stir well.

Return to low heat (or place mixture in double boiler), stirring constantly. Cook until mixture begins to thicken. Do not overheat or the eggs will curdle and the liquid will become watery.

Pour mixture into serving dish(es) and refrigerate. Once cooled, it is good to cover the pudding with plastic wrap to keep other flavors in the refrigerator from being absorbed by the pudding. It also helps to prevent a "skin" from forming on top of the pudding.

Serve with your choice of Fruit Loop Acres partially thawed fruit as topping.

Adapted from The Gluten Free Kitchen

The statement on the canned goods and frozen fruit you will receive that goes on to say "This product is home produced.....not inspected by The Marion County Health Department (MCHD) opened the way for local artisans to showcase & be able to sell at the local farmers markets. It does not reflect in any way on the quality of the product.

PASTA E FAGIOLI

This simplified version of a classic, stick-to-the-ribs Italian pasta-bean soup is hard to resist.

1 C Dry pinto beans
1 TBS butter
2 TBS olive oil
2 ribs celery, chopped
1 med onion, coarsely chopped
2 garlic cloves, minced
4 C water
1/2 tsp ea thyme and basil
1-16 oz canned diced tomato & juice or (1/2 jar of the Pizza sauce)
Salt & freshly ground pepper to taste
8 oz. macaroni or similar small dried pasta
Finely chopped parsley
Grated Parmesan cheese

Cover beans with cold water and soak overnight. (slow cook method). Drain and rinse come morning. Melt butter with oil in a large heavy pot over medium heat. Add onions and celery and sauté just until softened. Add garlic, beans, water, thyme and basil and tomatoes with juice. Bring to a boil, reduce heat, cover and simmer until beans are tender-about 1 hour. Puree about 3/4 of the mixture in a blender, leaving the remainder of the soup in the pot. Mix puree into soup in pot and season to taste with salt and pepper. Meanwhile, cook pasta in large pot of boiling water, just until tender but still a bit firm. Drain and stir pasta into soup and heat well. Garnish with parsley and top with grated cheese. If desired, each serving may be drizzled with a little extra olive

FRIJOLES

A TRADITIONAL MEXICAN BEAN DISH THAT TASTES GREAT WITH TORTILLAS or GF CORN MEAL WRAPS AND VEGETABLE CHILE OR AS A THE BASE TOPPING ON GF PIZZA.CRUST.

Ingredients:

- 1 1/4-1 1/2 C dry pinto beans and rinsed**
2 onions, finely chopped
2 garlic cloves, chopped
1 bay leaf **1 or more hot chilies (optional)**
2 TBS favorite oil **salt**
12 oz chopped tomatoes with juice
- 1. Put the dry beans in a pot and enough cold water to cover them by 1 inch.*
 - 2. Add half the onion, half the garlic, the bay leaf and the chile or chilies. Bring to a boil and boil vigorously for about 10 minutes. Put the beans and liquid into an earthenware pot or large saucepan, cover and cook over low heat for 30 minutes. Add boiling water if the mixture starts to become dry.*
 - 3. When the beans begin to wrinkle, add 1 TBS of your fave oil, and cook for another 30 minutes, or until the beans are tender. Add salt to taste and cook for another 30 minutes more but try to avoid adding any more water (mushy).*
 - 4. Remove the beans from heat. Heat the remaining oil in a small frying pan and sauté the remaining garlic and onion together until the onion is soft. Add the tomatoes and cook a few minutes more.*
 - 5. Spoon 3 TBS of beans out of the pot and add them to the tomato mixture. Mash to a paste. Stir into the beans to thicken the liquid. Cook for just long enough to heat through, if necessary. Serve beans in small bowls and garnish with bay leaves*

PESTO—PINTO—PATE

1 C cooked (1/2 C raw) Pinto Beans
1 1/2 oz Pesto, thawed **salt & pepper to taste**
1/4 C Cottage or Ricotta Cheese
Approx. 3 TBS milk (as needed)

Drain the cooked beans, and mash very well. Let cool to room temperature. Mix in pesto & cottage or ricotta cheese. Add milk, as needed, to moisten. Season to taste with salt & pepper. Cover well and chill. Serve with raw veggie sticks for GF, baguette chips or pretzel sticks.

MUSHROOMS AND WILD RICE

Any mushrooms will work with this recipe just so know.

1 C s'hrooms **1/2 C wild rice** **2 TBS butter**
1 C long grain rice **2 C beef or veggie stock**
Parsley **1 sized onion**

Slice mushrooms, saving stems. Saute with onions in butter 5 min or until tender. Bring stock to boil. Add wild rice & mushroom mixture. Reduce heat, cover & simmer 20 min. Add long grain rice. Boil again. Reduce heat again. Cover & simmer 20 minutes or until done.

FREEZING SHIITAKES: Place your fresh firm & unwashed m'rooms in a freezer container. Seal & freeze up to a month. If sautéed in butter until half done and then frozen, they will last several months.