



JUNE 16, 2010

# Basic Roots

## Community Foods

<http://www.myspace.com/basicrootscommunityfoods>

[www.basicrootscommunityfoods.kaysue.org](http://www.basicrootscommunityfoods.kaysue.org)

### **BASIC ROOTS**

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

### **Vitamin C**

Your July Basic Roots delivery is loaded with vitamin C containing fruits & vegetables. Vitamin C is an essential vitamin that is required for a range of metabolic reactions, enhances iron absorption, and is an anti-oxidant, protecting the body against oxidative stress. Oxidative stress can negatively impact cardiovascular disease, hypertension, chronic inflammatory diseases, diabetes, etc. Adequate vitamin C intake can protect against, and lessen the effects, of these diseases.

Deficiency of vitamin C intake can also result in a suppressed immune system. Studies have found that when an individual has normal vitamin C levels, additional supplementation does not help prevent colds or illnesses, but rather maintaining adequate vitamin C intake will help keep your immune system healthy and active. Mega supplemental doses can result in diarrhea and indigestion. To stay healthy, be sure to eat your fruits and vegetables, particularly those high in vitamin C.



### **PLUMS**

Plums, you guessed it, are also a good source of vitamin C. Plums belong to the same family as peaches and nectarines, and other fruits that have a hard pit surrounding their seeds. When plums are dried, they are known as prunes. Both plums and prunes are very high in phenols, a very potent antioxidant. The plums delivered to you are the French Plum variety, which is naturally sweet, so no added sugar is necessary. Be sure to enjoy the taste of these plums as well as their health benefits.

**Tomato update:** We feel so bad that we really don't have any tomatoes to offer you yet. With the frequent rains and not enough sun the fruits are not ripening. You can find a few red ones at your local farmer's market (pricey) but we can't get enough to purchase in bulk for our group.

## RED POTATOES

### Delicious & nutritious

In this low-carbohydrate diet crazy world, potatoes have earned an undeserving poor reputation. Potatoes are a low-calorie, high fiber food chocked



full of vitamins and nutrients. Red potatoes are also a good source of vitamin C, with a medium

potato providing 27 mg, or 45% the daily value for vitamin C.

Potatoes also provide a healthy dose of vitamin B6, copper, potassium, manganese, dietary fiber, and several different antioxidant nutrients. Though potatoes are fairly high in carbohydrates, with a medium potato providing about 45 g of carbohydrate, it is a nutritious food that can fit into anyone's meal plan: just be sure to pair it with a lean protein, and healthy serving of other non-starchy vegetables.

### Red Potato Salad

#### ingredients

- 12 cups cubed red potatoes
- 1 cup chopped green bell pepper (about 1 medium)
- 1/2 cup minced red onion
- 1/2 cup extra-virgin olive oil
- 1/3 cup red wine vinegar
- 2 tablespoons Dijon mustard
- 2 tablespoons low-fat mayonnaise (select mayonnaise made with canola oil for a healthier alternative)
- 1 1/2 teaspoons salt
- 1/2 teaspoon ground black pepper



#### preparation

Cook potatoes, covered in boiling water, 10 minutes, or until tender; drain well and cool.

In a large bowl, combine potatoes, bell pepper and onion.

In a small bowl, whisk together remaining ingredients. Pour over potato mixture, tossing gently to coat. Cover and refrigerate.



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## FENNEL

Another July Basic Roots food providing you with a healthy dose of vitamin C as 1 serving nearly 20% of your daily value for vitamin C. Florence fennel, the type delivered to you, was one of the three main herbs used in the preparation of absinthe, an alcoholic mixture which originated as a medicinal elixir in Switzerland and became, by the late 19th century, a popular alcoholic drink in France and other countries. However, fennel can also be a key ingredient in any chef's kitchen.

The bulb may be also be used in antipasto platters, has an anise flavor, and can be eaten as a vegetable, cooked, or raw. The stems may be chopped and added to salads.

The leaf which is feathery, similar to dill weed, has a licorice flavor and is commonly used in fish dishes. The leaves may be chopped and used in soups, with fish or added to salads. The seeds may be used in pickles, tomato sauces, sausages and pickles.

The flowers may also be used in herbal vinegars and salads. Fennel leaves should be added at the last minute when cooking to retain the best flavor.

In salads, try adding finely chopped, raw fennel to potato salad or coleslaw, to add crunch and a mild aniseed flavor. Also sliced fennel can be used in the poaching water, when poaching or steaming fish. Or it can also add it to homemade fish stock.

## FENNEL PUREE

**\*Note this recipe does not have a strong anise flavor.**

### ingredients

4 large fennel bulbs  
1 medium potato  
2 garlic cloves  
4 cups chicken broth  
2 cups milk  
3 tablespoons mascarpone cheese  
1 teaspoon salt  
1/4 teaspoon freshly ground black pepper  
2 tablespoons chopped fresh mint leaves

### preparation

Trim the fennel bulbs of their stalks and bottom root. Halve the fennel lengthwise and slice each half into 1/4-inch thick slices. Peel the potato, halve, and thinly slice. Place the fennel, potatoes, garlic, chicken broth, and milk in a large, heavy pot over medium-high heat. If needed, add enough water to just cover the fennel.

Bring the mixture to a simmer and continue cooking until the fennel and potatoes are soft, about 30 minutes. Drain the fennel mixture. Place the fennel mixture in a food processor and puree. If necessary, place half the mixture in the food processor, pulse to puree, and continue adding the fennel mixture until all the mixture fits in the processor. Continue processing until pureed. Add the mascarpone cheese or substitute, salt, and pepper. Mix to combine. Add the mint and process until just combined. Add more salt and pepper, to taste.

Transfer the mixture to a serving dish. If the mixture is a little thin stir a few times and let rest for 5 minutes, then serve.

## **GARLIC** A great addition to nearly any dish

No, garlic is not a great source of Vitamin C, but this tiny vegetable packs a huge nutrient punch...however, its nutrients can be diminished if not properly handled. Garlic contains more than 100 biologically useful chemicals that can lower cholesterols, prevent dangerous blood clots, reduce blood pressure, prevent cancer, and protect against infections.

Garlic can be served many different ways in many different foods, but to get maximum formation of biologically active nutrients be patient: crush, chop, dice, prepare the cloves as desired, but then let them sit for a few minutes.

# **INTERNATIONAL EGGPLANT**

Though most Americans are familiar with the American variety of eggplant that is most often dark purple in color, there are many varieties of eggplants, hailing from Italy, Thailand, India, China, Turkey, Ukraine, etc. and come in many different shapes and colors. Basic Roots is delivering Hoosier-grown Italian, Thailand, and Taiwanese eggplants. Eggplants are from the nightshade family that includes the potato and tomato.

Eggplants are a very low calorie, high fiber food that also provides a good dose of vitamin C!

## **GRILLED EGGPLANT**

### ingredients

1 Italian eggplant, cut into 1-inch thick slices  
1 large red onion, cut into rounds  
Canola oil  
1 avocado halved, pitted and flesh chopped  
1 tablespoon red wine vinegar  
1 teaspoon Dijon Mustard  
1 tablespoon coarsely chopped oregano leaves  
Honey  
Olive oil  
Salt and freshly ground black pepper  
1 lemon, zested  
Parsley sprigs, for garnish

### preparation

Brush the eggplant and red onions with canola oil and arrange on the grill. Cook the eggplant until soft and grill the onions until they have a slight char. Remove from the grill to a cutting board and let cool slightly. Once cool, roughly chop and add them to a serving bowl along with the avocado.

In a small bowl add eggplant mixture and toss. Garnish with lemon zest and parsley sprigs and serve. In bowl, whisk together the red wine vinegar, the Dijon, and oregano. Add honey and olive oil, to taste, and blend until emulsified. Season with salt and pepper, to taste.

Add the dressing to the salad.