



100% Local

Basic Roots Community Foods

www.basicrootscommunityfoods.kaysue.org

JULY 20, 2011

BASIC ROOTS

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& our commu-

nity of farmers

who grow to

make it all

work!

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MID-SUMMER RAMBLINGS

Basic Roots is your connection to local farmers from all across the state. Everyday we talk to farmers & everyone is expressing that this is the toughest growing season yet to date that they've dealt with. Many of these farmers have been growing their whole life (many of the best are in their 70's & 80's). The immense amount of rain, now followed by the drought & high heat has wiped out a few farmers & the ones still growing are watering, watering, watering. Thankfully they have deep wells to draw water from because if they used city water, well the price of homegrown produce would be through the roof. This is an unusual summer for us, too, as we had to procure from 2-3 growers in order to get enough cucumbers, squash, blackberries, beans & eggs. Let alone find any ripe tomatoes! & if you can (you can barely) be prepared to pay \$4 lb in the city. The food scene is ugly out there. When we first started Basic Roots Community Foods our focus was making good food accessible to our surrounding community of city folks. As we have grown & matured in building relationships with our farmer growers we made the decision that was more our calling. Now 6 1/2 years old we are glad we chose to grow farmers. It's the business model for the future. Sue & I are glad you're on board

ACE in the HOLE

*Score a hole in one for nutrition with this crunchy, fresh salad. At 10 minute prep from start to finish, you'll get twice your daily vitamin A, nearly a full-day's measure of vitamin C and one-fifth of your vitamin E needs in just one refreshing serving. **For 4 side-dish servings of ACE Veggie Salad:***

In a medium serving bowl gently toss together...

4 Carrots-julienned, matchstick or coarsely shredded

1 medium green pepper, cut into matchstick-size pieces

Stir in...

3 TBS orange juice

1 TBS lime juice

1 TBS peanut or other oil

1/2 tsp toasted sesame oil

Serve carrot mixture topped with..

1/4 C chopped dry roasted peanuts.

Vitamin booster tips:

Boost the vitamin A & C content by substituting yellow or red sweet pepper for the green one.

July 30—Compostable Privy workshop, August 12 & 13 is our Urbanstead Festival.

Visit our website for more information.

Saturday, 20 August is the AG Ride on bikes on which Fruit Loop Acres will be part of the tour. Read the article in this month's [Indianapolis Woman](http://IndianapolisWoman.com) for insight. Visit neighborpowerindy.org to learn more.

ELDERBERRIES ON...NEXT ARE THE WHITE PEACHES, WHITE GRAPES & BOYSENBERRIES AT FRUIT LOOP ACRES

THAI PESTO

- 2 red Pontiac potatoes, diced**
- 1 C packed, destemmed fresh basil leaves**
- 1/2 C packed, destemmed fresh cilantro leaves**
- 1/2 C packed, destemmed fresh mint leaves**
- 3 garlic cloves, peeled**
- 1 TBS minced gingerroot**
- 1 big scallion, white & green leaves, chopped**
- 2 TBS tamari or soy sauce**
- 1 TBS lime juice**
- 1/4-1/2 C water or vegetable broth**
- Salt & ground pepper to taste**

1. Bring potatoes & several cups of water to boil in medium saucepan. Cook until potatoes are very tender, 10 min. Drain & cool.
2. Place cooked potatoes, basil, cilantro, mint, garlic, ginger, scallions, tamari & lime juice and 1/4 C water or broth in food processor or blender. Puree, scraping down sides of bowl several times, until smooth. If pesto looks too thick, adjust the consistency by adding up to 1/4 C more water or broth.
3. Scrape pesto into bowl. Add salt & pepper to taste (remember tamari & soy are already salty).
4. Serve immediately on hot noodles or store in refrigerator or freeze. Makes 2 cups.
8 calories per serving with 1 g of protein & fat each.

ZUCCHINI FRITTATA

- 1 C thinly sliced onion
 - 3 zucchini, cut into 1/8" slices
 - 1/4 C (1 oz) Italian salami, diced or not
 - 1/2 tsp salt 2 TBS olive oil
 - 5 eggs 1/2 C parmesan cheese
 - 1/2 C milk or cream Fresh Basil, chopped
 - 1/8 tsp pepper 1 TBS butter
- Saute onion, zucchini, salami & salt in oil in oven-proof 10" skillet until zucchini is crisp-tender. Cool slightly. Beat eggs in medium bowl until blended. Add Parmesan cheese, milk, basil & pepper; beat thoroughly. Add cooked veggies to egg mixture; stir to combine. Melt butter in same skillet; carefully in your in egg-veggie mix. Bake in 325 degree oven 15-20 minutes or until eggs are set. Cut into wedges & serve.

GURGEN SALAT :

(Passed down thru the German side of my family)

- 2 thinly sliced cucumbers
 - 2 TBS vinegar
 - 1 tsp salt
 - 1 TBS water
 - 3/4 C canola oil
- Whisk the ingredients & pour over cukes.
Let sit overnight or for at least 3 hours.

SUMMER POTLUCK POTATO & GREEN BEAN SALAD

- 3 C of your Pontiac Red Potatoes, unpeeled & cut into quarters.
- 3 C of your fresh beans, snapped into 1" pieces
- 1 hard-boiled egg, finely chopped
- 2 TBS mayonnaise 2 TBS sour cream 2 TBS cottage cheese
- 2 TBS minced fresh dill or 2 tsp dried dill
- 2 TBS finely chopped drained dill pickles or relish
- 1 tsp vinegar (preferably balsamic) Salt & Pepper to taste

In a small saucepan, cover the quartered red potatoes with salted water. Bring quickly to a boil & then turn back the heat to medium & cook until tender, about 8 minutes.

Drain the potatoes; immediately plunge them into cold water to stop the cooking. Drain again. Pat dry on paper towels and place in a large salad bowl.

Cook the green beans 8 minutes in the same way you cooked the potatoes. They should be tender. Drain the beans and plunge them into cold water. Drain again and pat dry on paper towels. Add to the bowl of potatoes.

In a small bowl, mix together the chopped egg, mayo, sour cream, cottage cheese, minced dill, chopped dill pickle, vinegar, salt & pepper. Fold into the potato-green bean mix.

Cover & chill until ready to serve at your potluck pitch-in

Serves 6.

HOMEMADE GNOCCHI

1 pound (6 or so golf ball size) red potatoes, scrubbed & quartered

1 C flour pinch of salt 1/4 C Romano cheese

3 egg yolks 3 TBS each Basil, thyme & oregano (chopped fresh or dried)

Boil potatoes until tender. Strain & place on baking sheet. Dry out potatoes in a 375 degree Oven for about 4 minutes. Let cool to room temperature.

Place potatoes in bowl, add remaining ingredients & beat until all incorporated. Now it's dough. Divide dough into about 8 portions and roll each out like a thin snake on a floured cutting board. Cut into 1" pieces and place on parchment paper on baking sheet. FREEZE UNTIL HARD. Gnocchi will keep in airtight bag or container in freeze for weeks. When ready to use, boil until they float, remove with slotted spoon or skimmer. Serve with Thai pesto sauce or other.

FOR A TWIST: MAKE RUTABAGA GNOCCHI WHILE YOU'RE AT IT. Scrub & peel the root. Cut into quarters & prepare it the same way as the potatoes. Follow the rest of the instructions. Sue & I are fond of mashed rutabagas also. Substitute mashed rutabaga in a shepherd's pie.

When Blackberries meet Cantaloupe: *it oughta be good.* What a treat to offer these 2 Indiana fine fruits together. I'm visualizing the cutting open of the cantaloupe, scooping out the seeds, eating a couple of spoonfuls out of the middle then gently putting in whole blackberries in the cradle Then eating them together on 1 spoonful. Yumm

Marjapuuro

(Whipped Berry Oatmeal)

The Finns call this oatmeal, others would say pudding. Described as "soft as a cloud, sweetly pink, light, but with a full-bodied flavor." Can use any of the berries for this recipe.

1 C puree of Blackberries

2/3 C sugar

2 pinches of salt

1/2 C farina, cream of wheat, or Bridgeton Mill cracked wheat & oat cereal

Add the puree to 4 1/2 C water, bring to a boil, simmer for about 4 minutes, then strain.

Add the sugar & salt to the strained juice, bring to a boil, whip the farina into the boiling mixture & simmer lightly for 20 minutes. Cool in water bath, then whip the mixture into a light, purple dessert, to be served cold with full fat milk.

And since blue, red raz, & black berries are in full season....to beat the heat—a cool & delicious sherbet recipe that you can use any of them for: **BERRY SHERBET**

2 egg whites

1/4 tsp salt

2 1/4 C confectioners sugar

2 1/2 C fresh blackberries, mashed to a coarse puree

Whip the egg whites with salt. Add the sugar gradually and continue beating until you have stiff peaks.

Fold the berry puree into the mixture, pour it into your freezing container & freeze it well, without stirring. Enjoy