



100% Local

## BASIC ROOTS

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Founder

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Co- Deliveries

**Kay Grimm**

Nutritionist

**Cam**

Packer

**& our commu-**

**nity of farmers**

**who help to**

**make it all**

**work!**

# Basic Roots Community Foods

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

MAY 18, 2011

## Spring Ramblings:

I was looking thru the April pickens' menu from 2010. This month's May pickens is very similar in the fact that we have very few fresh stuff & more of the value-added products. Which means farming is a month behind due to the wet & chilly weather. I think the meteorologists need to pay attention more to the growing conditions & not cater to the comfort of city folks. Farmers are really worried about planting in that "window" of time that a normal Spring offers. We're hearing about some crazy ways of planting just to get seed in the ground. The latest was from Farmer Paul who planted his sweet corn seed on top of the ground! & then threw some mulch on top of the seed. Said the darn rain would work it into the soil. Good Luck, Paul!

We're hosting a series of hands-on seminars at Fruit Loop Acres, beginning next Tues eve (May 24) from 4 to 7 on Biodynamic Applications. This is 1st in a series of creating "Urbaners", taught by the Masters, in building sustainability through sustenance & sensibility. June 11, Saturday aft, is about grafting scion wood onto fruit trees. July— Compostable Privies, August is our big Urbanstead Festival. Visit our website for more information.

June rolls out the premier issue of *Edible Indy* magazine. We are so excited that we & Fruit Loop Acres are being featured. The folks spent lots of time & took lots of photos out here checking it out. So pick up your copy. 13 June, PBS, 7:30 Sue & I & Fruit Loop Acres, are participants in a documentary about the Super Bowl Legacy Project & how it has impacted us here on the NearEast side. 18 June is the AG Ride on bikes on which Fruit Loop Acres will be part of the tour. Visit [neighborpowerindy.org](http://neighborpowerindy.org) to learn more. *What a busy Spring so far but as always you members are our priority. Thank You.*

## Reconstituting dried tomatoes

**fast method (water):** heat some water until boiling or almost boiling.

// in the microwave or on the burner put dry tomatoes in a bowl. pour the hot water in. cover the bowl. wait 30 minutes or until soft and pliable. save the water for a soup or sauce.

**slow method (oil):** since olive oil can't really even be simmered: just put dry tomatoes in a bowl. pour a good olive oil in. cover the bowl and refridgerate if it's more convenient. wait 24 hours or until soft and pliable. save the oil for other cooking, soups, salads, sauces, and dressings.

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## PINK PIE PLANT MOUSSE

1 C cooked & mashed Rhubarb

2/3 C Sugar

1 C Heavy Cream

1 tsp Lemon extract

Combine Rhubarb & sugar, mix well. Fold into creamy.

Add lemon extract. Pour into refrigerator tray. Freeze until firm. Serves 6-8.

## SALAD WITH MARINATED PEPPERS & PINE NUTS

This sounds fun!

1/3 C Pine Nuts

3 TBS Sherry Vinegar or Cider Vinegar

3 TBS Olive Oil

1 C canned peeled roasted Red Peppers

1/4 C chopped pitted Spanish style Green Olives

Spring Salad Mix—rinsed & crisped

Salt & Pepper

1. In a fry pan over medium heat, stir pine nuts often until golden, 5-8 minutes.

2. In a large bowl, whisk vinegar & olive oil to blend. Cut peppers lengthwise into 1/2" strips. Drop into bowl & mix to coat with dressing. Add olives, salad mix, toasted nuts and mix gently. Salt & pepper to taste.

### Painted Rooster

*This simple but tasty dish derives its name from the red & white speckled color of the rice and beans mixture, resembling the coloration of the Barred Plymouth Rock Roster. This is a popular breakfast dish in Nicaragua, often served with salty, dry white cheese.*

Cook: 1 C Rice

Have Ready: 3/4 C red beans, soaked, cooked & drained

In frypan, sauté in small amount of oil: Onions

When onions are soft, add:

Beans

1/2 t ground cumin

Saute until dry. Stir in rice & cook until heated through. Top with grated cheese, sour cream or yogurt. Serve with hot tortillas, fried or scrambled eggs.

## RHUBARB DESSERT WITH FROZEN FRUIT

1 C Flour

1/2 C Butter

CRUST

5 TBS Confectioner's Sugar

2 Eggs, beaten

1 1/2 C Sugar

Dash salt

FILLING

1/4 C Flour

1/4 tsp Baking Powder

2 C chopped Rhubarb

Frozen Fruit

Mix the crust and pat in a 9 x 9 pan. Bake for 15 min @

325 degrees. Combine the filling & pour over crust.

Drizzle HickoryWorks syrup over the top.

## OATMEAL PANCAKE WITH FRUIT LOOP ACRES FROZEN FRUIT & HICKORYWORKS SYRUP

*INGREDIENTS*

1 1/2 cups oatmeal

2 1/4 cups milk

1 cup flour

1 Tbsp. Hickory syrup

Frozen Fruit, slightly thawed

1/2 tsp. Salt

1 tsp. cinnamon

1 Tbsp. Baking powder

1 egg beaten

1/4 cup oil

*METHOD*

In large mixing bowl, pour milk and hickory syrup over oatmeal and let sit for 10 minutes. Sift flour, add salt, cinnamon and baking powder; mix well. Add to oatmeal mixture. Add egg, oil, & then thawed frozen fruit - mix well. Let rest for 3-4 minutes. Pour batter onto hot griddle. Flip pancakes over once when they are puffy, full of bubbles and lightly brown on one side. Serve with hickory syrup

When using our Fruit Loop Acres frozen fruit in any baking recipe, remember to cut back slightly on the liquids (milk, water) to compensate for the juice of the fruit.

## CREAMY HICKORYWORKS SYRUP DRESSING

### INGREDIENTS

1 cup your favorite mayonnaise  
1/2 cup HickoryWorks syrup  
1/4 cup apple cider vinegar

Mix all ingredients together thoroughly. Chill and serve with salad.

## RHUBARB PUNCH

### INGREDIENTS

6 cups Rhubarb  
3 cups water  
1 orange  
1 lemon  
1/2 cup HickoryWorks Syrup  
1/4 cup white sugar  
Ginger Ale

### METHOD

Cook rhubarb in a deep heavy saucepan and add water (almost enough to cover rhubarb). You may need a little more or little less. When rhubarb is tender, strain into another bowl. Pour juice back into saucepan. To each quart (1 L) add juice of 1 orange and 1 lemon. Add Hickory Syrup and sugar to taste. Heat until warm and sugar is dissolved. Chill. When serving, add equal amount of ginger ale.

### Sweet & Sour Radishes

1/3 C favorite vinegar  
3 TBS Water  
4 tsp Sugar or try substituting  
In the Hardwood tree syrup  
1 TBS snipped fresh Dill or  
Sub. 1/2 tsp Dill  
3 cloves Garlic, minced  
1/4 tsp Salt  
Hot Peppers, minced, optional  
2 C whole small or halved  
Radishes that you received  
In your delivery.  
Combine vinegar, water, sugar,  
dill, garlic, salt & if desired, hot  
peppers. Place radishes in a self  
sealing plastic bag; pour vinegar  
mix over radishes, turning to  
coat. Seal bag. Chill 6-8 hours  
before serving, turning bag occa-  
sionally.

## BAKED RED BEANS WITH HICKORYWORKS SYRUP

### INGREDIENTS

2 C Red Beans  
1/2 cup chopped onion  
1/2 cup hickory OR tulip poplar syrup  
1/2 cup chili sauce  
4 slices cooked bacon, broken into pieces (optional)  
Salt and pepper

### METHOD

Pre-Cook beans until soft. Add remaining ingredients in order mix and pour into bean pot or large casserole. Bake in slow cooker over 325° for 4 to 5 hours.