



100% Local

BASIC ROOTS

Kay Grimm

Founder, Procurer &
Nutritionist

Sue Spicer

Co-Founder, Farm Pickups
& Deliveries

Patch

Our paid intern

**& our community of
small farmers, my favor-
ite people in the whole
world, who help to
make it all work!**

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Basic Roots Community Foods

DIGEST THIS! November issue.

We will be **5 years** old in December! Read our Food Evolution story in next month's issue

Also if you are a SunKing brewery fan, they're creating a seasonal specialty brew in time for Christmas "Apple Pie Beer" from the juice of our antique fruits, Victorian Crabapples & Lady Washington Apples

<http://www.basicrootscommunityfoods.kaysue.org>

NOVEMBER 17, 2010

SOYBEANS FOR SUPPER

SOYBEANS ARE VERASTILE AS A HOME COOKING STAPLE.

The most common use is to substitute soy for cooked dried beans called for in recipes or as a meat extender. They can also be sprouted for bean sprouts or ground to flour for baked products.

Dried Soy are soaked and cooked like other beans. 1 C of dried beans will yield about 2 1/2 C of cooked beans. Cooked Soybeans can be used in recipes calling for other beans. They have 1 1/2 x as much protein as other beans and 11 times the fat (unsaturated). Use them for chili, baked beans or any bean dish.

Finely ground or mashed soybeans can be used to extend ground meat in a dish such as meat loaf. This sandwich spread can be made with beans only or mix beans and meat to stretch that leftover pot roast over more sandwiches.

DRY ROASTED SOYBEANS

Spread cooked soybeans (use Fields of Agape method) in single layer on cookie sheets. Place in 250 degree oven for 2 hours and then raise temperature to 400 degrees for 15 minutes. For crunchier beans, roast at 400 degrees for 15 minutes. Watch closely so that beans don't burn. While hot, season with plain or seasoned salt. Roasted soybeans have twice the protein and half the fat of peanuts.

SOYBEAN SANDWICH SPREAD

1 C cooked soybeans, chopped or ground
1/4 C chopped Sweet Pickles
1 tsp chopped onion
2 TBS favorite Salad Dressing

Toss soybeans, pickle and onion together in a small bowl. Blend in salad dressing until desired spreading consistency is reached. Spread on sandwiches and toast if desired.

Reprinted from *Prairie Farmer*- September 1, 1979

Apple Pie Filling

Ingredients:

Apples, brown * white sugar, cinnamon, salt,
Lemon juice, water, Therm-flo
This kitchen was not inspected by MCHD

Deciphering the Label:

Missing: Henry Fisher Farm
Richmond IN

Ingredients: Cooking Apples, Brown & white sugar,lemon juice to keep the apples from browning,....here's the biggy— Therm-flo (aka Clear Gel" is "modified food starch made from waxy corn" made by our very own local company, National Starch. The Amish use this product in their jams, jellies, etc to thicken them up.

This kitchen not inspected by MCHD means it is not made in a commercial kitchen certified by the Marion Co. Health Dept. A year ago the law was relaxed to allow home makers & bakers who grew their own ingredients to process & package products to sell to the public.

COMICE PEARS-The name "comice" is short for its full name in French, which is "Doyenne du Comice". Doyenne basically means "Queen Mother" (or the senior woman), and Comice comes from "comice agricole" meaning "agricultural show". So, in effect, it means prize winner, or Queen of the Hop. It is a November pear, often you'll find the sprayed, hybrid version in holiday fruit baskets, wrapped separately as if they were the Queen Mother. They are! Considered the finest pears in the world. These are the pears which the French nobility made their favorite at the court of Louis Napoleon. The skin is very fragile, and may show bruising, but owing to the tenderness of the skin, that may be just the skin that is bruised, and doesn't necessarily mean the bruise has gone into the flesh.

Napa cabbage has slightly more protein and fewer calories than regular cabbage and a unique taste like a mild celery or bok choy. Here are 3 things you can do with this very versatile veggie.

Napa Cabbage Rolls

Instead of using green cabbage, try some of the larger outer leaves of napa cabbage. Cut them in half and steam or boil them until they just turn soft and then fill with a mixture of cooked white rice and browned mild sausage or hamburger. Top with tomato sauce and bake until bubbly.

2. Quick Kimchi

Kimchi is a spicy Korean side-dish, sort of like the hottest cole slaw you've ever eaten. Traditional kimchi can take several days to make. However, for a quick at-home version, combine a few cups of chopped napa cabbage, a tablespoon of sambal olek (an Eastern hot sauce), 3 tablespoons of rice wine vinegar, 4 sliced cloves of garlic, and a healthy pinch of salt. Stir well, chill overnight and then eat right out of the bowl!

3. Napa Cabbage Stir-Fry

If you have eaten a Chinese dish with vegetables, you have probably eaten napa cabbage. Typically, they are white squares that look like they should be onions, but have not turned clear. To do your own napa cabbage stir-fry, peel off 20 to 25 leaves and cut off the leafy green sections until all you have is the firmer white stems. Cut the white stems into two-inch pieces. Heat some peanut oil in a wok, cook the napa cabbage for 3 to 4 minutes until it starts to soften, and then add your favorite stir-fry sauce. Cook until the sauce starts to bubble. Serve hot over rice.

Collard or any Greens With Warm Pecan

Dressing

Your Collard Greens 2 tsp Dijon Mustard
1 TBS Balsamic Vinegar dash of your fave oil
2 tsp honey 1/4 C pecans, roughly chopped

- Wash & tear up greens, including tender ribs
- In a small bowl, combine vinegar, honey & mustard. Set aside.
- Heat the oil in a small skillet until hot but not smoking. Add the vinegar mixture and pecans and cook, stirring regularly, for 2-3 min. Pour over the greens and serve at once.

THAI FRIED RICE

Also a great way to use leftover veggies!

2 TBS your favorite oil 1 Onion, chopped
1 Clove Garlic, finely minced Salt to taste
1 tsp brown sugar, or substitute 2 TBS Sweet or Spicy Chili Sauce
1 egg, beaten well 3 C cooked favorite Rice
1/2 C mixed veggies, such as Broccoli, Napa, Bok
*optional 1/4 lb shrimp or Tofu

Add oil to large skillet or wok, swirling to coat the pan. Place over a medium high flame, add the egg and scramble until well cooked. Set aside. Add the onion, garlic, salt & sugar to pan and stir-fry for 3-5 min., until the onion and garlic have just turned golden brown. Add the chili sauce and mix well. Add the cooked rice, veggies & egg & optional shrimp/tofu, stir-frying to combine. Stir-fry for an additional minute or two and serve hot with chili sauce on the side.

We recommend Saraga or Lee's Super market on the West side for any International flavorings.

4. Napa Cabbage Soup

Warm up with a hearty bowl of napa cabbage soup. Add a few cups of chopped napa cabbage to your favorite vegetable, chicken or beef soup; it will give your soup a lot of body and for fewer calories than most other ingredients.

Looking for a healthy crunch? Need something to wrap, wok or roll? Have you tried napa cabbage? Napa cabbage is an Asian vegetable that resembles regular green cabbage, but is longer and oval-shaped. Napa cabbage has slightly more protein and fewer calories than regular cabbage and a unique taste like a mild celery or bok choy. Here are eight things you can do with this very versatile veggie.

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4. Napa Cabbage Slaw

Got a favorite cole slaw recipe? Try it with shredded napa cabbage. Napa cabbage slaw has a subtly different flavor and texture than classic cole slaw and is particularly tasty if you add fruit. For your next slaw, combine 2 cups diced mango, a finely diced jalapeno, 1 cup mayonnaise, 2 cups shredded napa cabbage, and 4 tablespoons rice or red wine vinegar. Refrigerate for a couple of hours or overnight and serve.

5. Braised Napa Cabbage

For a quick and easy side-dish, add the cut up white stems of the napa cabbage to a skillet and cover them half way with vegetable broth, ground ginger, garlic powder, and a few teaspoons of soy sauce. Cook over medium heat for 8 to 10 minutes or until the napa cabbage becomes soft.

6. Napa Cabbage Spring Rolls

Napa cabbage has a great crunch that's perfect for spring rolls. Simply slice napa cabbage into thin strips and roll with cooked shrimp, rice noodles, and fresh basil in a spring roll wrapper. Serve with a dipping sauce of soy sauce, chilies and fish sauce.

7. Napa Cabbage Taco Topping

Traditionally, tacos are topped with a healthy handful of lettuce. A better choice is napa cabbage, which is more flavorful and totes a crisper texture, which contrasts nicely with the taco fillings.

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Sue's Prizewinning Pie Crust Recipe

The coconut oil makes for a real yummy, flaky crust.

2 C of your local pastry flour

1 tsp salt

2/3 C coconut oil (Good Earth, comes in a jar & looks hydrogenated but it's not)

5-6 TBS water

Add salt to flour. Fold coconut oil into flour until evenly distributed. The oil will act like a cold stick of butter so work it. Fold in 1 TBS of water at a time, (important Sue says because on humid days you use less, dry days you'll use more, so 1 TBS at a time) until it turns into dough. Shape out your crust & add your apple pie filling and bake.

Sinfully instant!

BOK CHOY With Fresh GARLIC OIL

(also excellent with roast Chicken & aromatic steamed rice)

1/2 orange, cut into wedges

4 fresh ginger coins (cut crosswise 1/4" thick; need no peel)

Bok Choy, sliced in 1/2

3 TBS of your favorite oil

3 Garlic cloves, peeled & thinly sliced

1 TBS soy sauce

Put 2 C water, the orange, and the ginger in a large saucepan with steamer, or in the bottom of a wok with bamboo steamer. Bring to boil over high heat. Put Bok Choy in steamer, cover, steam until tender 5 mins. A minute or 2 before tender, heat the oil in pan over med-high heat. When hot, add garlic and toast until light golden brown. Remove from heat. Arrange Bok Choy on a platter, cut sides up, and drizzle first with hot garlic oil, then with the soy sauce.

From our friends at Sanglee Farms, Long Island, NY

Crunchy Sweet/Sour "Any Kind of" Cabbage Relish

1/2 C Sugar or sweet substitute

1/4 C Cider Vinegar

1/4 C your favorite oil

Salt to taste

1 tsp Celery Seeds

1 Sweet Red Pepper, finely chopped

Cabbage, coarsely chopped

Combine the first 5 ingredients in a screw top jar. Cover & shake well. In a large mixing bowl, toss the cabbage, pepper & dressing. Pack into clean jars & chill.

Gertie's Swiss Herb Dressing

1/2 C favorite Oil

3 TBS Red Wine or Herbed Vinegar

2 TBS Honey or to taste

Salt & freshly ground Pepper

1 tsp Oregano or more

Combine all ingredients in a jar & shake. Serve over your loose leaf lettuce that has been torn up for servings. You can also heat it up on low & toss for a mildly wicked wilted lettuce salad.