



100% Local

## BASIC ROOTS

### Kay Grimm Co-

Founder &

Procurer

### Sue Spicer Co-

Founder &

Deliveries

### Kay Grimm

Nutritionist

### Patch

Packer

**& our commu-  
nity of farmers  
who help to  
make it all work!**

## IN THIS ISSUE:

- FALL RAMBLING
- COOKIN A PIE PUMPKIN FROM SCRATCH
- SIMPLE, SEASONAL PUMPKIN BREAD
- RED WINE RISOTTO WITH FRESH PUMPKIN
- ROASTED GARLIC POTATO SOUP
- APPLE CHUTNEY STUFFING FOR ACORN SUASH
- RAINBOW CHARD CHICKEN
- OLD-FASHIONED APPLE FRITTERS
- RED CABBAGE AND APPLE SALAD
- CREAMY PUMPKIN SOUP

# Basic Roots Community Foods

[WWW.BasicRootsCommunityFoods.KaySue.Org](http://WWW.BasicRootsCommunityFoods.KaySue.Org)

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## ***FALL RAMBLINGS***

We hope you had the chance to enjoy this lingering Indian summer type weather. The Persimmon pit has predicted a wetter than usual winter while the tails of the squirrels are not as full as last year and utilizing other signs of nature my prediction is a mild November and December (I predicted this before November came) with warmer winter with lots of precipitation. (30-32 degrees warm, on the average, would bring lots of snow). OK then. Did any of you attend the opening of the Indy Winter Farmers Market, now permanently housed at the City Market, W wing.? Sue & I set up, representing our fruit farm, Fruit Loop Acres. One would find fresh pears, frozen fruits and frozen Muscovy Duck meat at our booth, while others had much, much fresh produce. No need to start our winter rates while the bounty is available. When those rates do change, be assured each winter delivery will include fresh greens, dry goods in the form of beans and grains, a root crop or two, our own frozen fruits & veggies, Amish canned goods and more. We have contracted with an Amish family in Berne, IN for our canned goods this winter, who grow sustainably. Items such as spaghetti sauce & other Amish family recipes. **3 items of mention: Basic Roots is 7 years old next month. Why don't you give a gift of a monthly share of "local goodness to your door" for friends. If you like specialty crafted beers-watch in January our Passion Fruit IPA at Flat12 Bierworks and Malus Pie Port crafted by Sunking Brewery around Christmas, using our crabapple juice.**

### ***To Cook A Pie Pumpkin from scratch;***

*This sounds like a lotta work and it does take some time but the result making and tasting the difference with fresh is worth it.*

Cut the pumpkin into large chunks. Remove seeds, saving them for roasting (review Oct issue for roasting.) Remove the stringy things. Place pumpkin chunks in a large saucepan or kettle. Pour in about 1" of water. Cook covered until flesh is very tender, about one hour. Drain and cool. Cut rind from pumpkin pulp. Mash pumpkin with potato masher or use blender. Turn into a strainer and drain one hour, stirring occasionally & squeezing down with spoon to hurry up the process.

1 5lb pumpkin will yield 4 Cups.

### ***Simple, Seasonal Pumpkin Bread—(makes two 9" loaves)***

**3 1/2 C flour   1 TBS baking powder   2 tsp ground ginger  
1 tsp each baking soda, salt & cinnamon   1/4 tsp ground cloves  
4 of your eggs, beaten   1 1/2 C sugar   1 C brown sugar  
2 sticks ( 1 C) butter, melted   2 C fresh pumpkin pulp**

Grease and flour two 9x15 inch loaf pans. Heat oven to 350 degrees.

Mix flour, baking powder and soda, ginger, salt, cinnamon and cloves in a large bowl. Meanwhile, whisk eggs and sugars in a medium bowl; whisk in butter until fully incorporated and then the pumpkin. Beat wet ingredients into dry ingredients until smooth; divide between prepared pans.

Bake until golden brwn and a cake tester comes clean, about 50 minutes. Let cool a few minutes. Run a knife around pan to loose, Turn onto a wire rack to cool.

## **Apple Chutney STUFFING FOR ACORN SQUASH**

### **Ingredients**

2-3 Northern Spy apples, peeled, cored, and chopped  
1/2 cup chopped onion  
1/4 cup red wine vinegar  
1/4 cup brown sugar  
1 Tbsp grated orange peel  
1 Tbsp grated fresh ginger  
1/2 teaspoon allspice

### **Method**

Combine all ingredients in a medium saucepan and stir well. Bring to a boil; reduce heat and simmer, covered, for 40 minutes. Uncover and simmer over low heat for a few minutes more to cook off excess liquid; let cool. Cover and refrigerate for up to 2 weeks. **Makes 2 cups.**

## **RED WINE RISOTTO WITH *fresh* PUMPKIN**

*Plan on making this one-sounds so delicious.*

**2 C pumpkin, peeled & cubed.** (this won't be an easy task—make sure the pumpkin is stable before you cut into (I use a hammer to crack it open & then proceed from there) (Save seeds for roasting.)

**3 TBS olive oil, divided**

**Salt & pepper**

**1/3 C candy onion, finely chopped**

**8 oz (1 C) baby mushrooms**

**2 of your garlic cloves, finely minced**

**1 1/2 C Arborio rice**

**1/2 C red wine**

**3 1/2 C vegetable broth**

**1/2 C grated Parmesan cheese**

**2 TBS basil chopped, 1 TBS oregano, chopped**

1. Brush pumpkin with 1 TBS oil and season with salt and pepper. Saute over medium heat, in skillet, for about 15 minutes. Roast in oven at 350 degrees for 5 minutes. **SET ASIDE.** This technique really makes the pumpkin savory.
2. Saute onions in 2 TBS oil for 1 minute. Add mushrooms and garlic, cook 3 minutes; add rice, cook 1 minute. Add vegetable broth, 1/2 C at a time, stirring constantly and allowing liquid to absorb before adding more, about 25 minutes. During the last 15 minutes, mash half the pumpkin and stir in. After last broth addition, stir in the cubed pumpkin, cheese, basil and oregano.

**Serves 8**



## **ROASTED GARLIC POTATO SOUP**

*To make this soup ahead of time, prepare as directed and refrigerate, covered, for up to 24 hours. Reheat slowly over medium-low heat, stirring frequently to avoid scorching.*

**Prep:** 15 minutes **Bake:** 45 minutes

**Cook:** 30 minutes.

**6 medium Kennebec potatoes, scrubbed & cut into 1" pieces**

**2 TBS olive oil**

**6 cloves garlic, peeled**

**1 candy onion, chopped**

**3 C chicken or veggie broth**

**1 C ea of water and whole milk or cream**

**Salt & pepper to taste**

**1 C of desired cheese, thinly sliced**

1. Preheat the oven to 425 degrees. Place potatoes in shallow roasting pan. Drizzle with 1 TBS of oil. Sprinkle with pepper & salt. Stir to coat. Bake, uncovered, 25 minutes. Turn potatoes with metal spatula. Toss in garlic cloves. Bake about 20 minutes or until potatoes are browned.
2. In a 3 quart saucepan heat remaining oil. Cook and stir onion over medium-high heat 5 minutes.
3. Set aside 1 C of roasted potatoes. Add remaining roasted potatoes and garlic to onion mixture in saucepan. Stir in broth and water. Bring just to boiling; reduce heat. Simmer, covered, for 20 minutes or until potatoes are very tender.
4. Spoon about half of potato mixture into blender container; cover and blend until nearly smooth or mash with potato smasher. Repeat with remaining mixture. Return all to saucepan.
5. Stir in milk. Season to taste with salt. Heat through. Ladle into bowls. Top each serving with some of the reserved roasted potatoes and sliced cheese. Yum.

**Makes 6 main-dish servings.**

## CREAMY PUMPKIN SOUP

The combo of maple syrup and ginger give the pumpkin a uniquely flavored twist.

*Ingredients:* 1 TBS salted butter      1 1/2 C chicken or veggie broth   salt & pepper  
1/2 C half & half                      2 TBS Maple Syrup      1 tsp fresh grated Ginger

15 oz pie pumpkin puree (rule of thumb: 8 oz = 1 Cup) so a little less than 2 C fresh

*\*any of the above ingredients, except pumpkin, may be tweaked to your tastes*

Melt butter in a saucepan over medium heat, making sure it doesn't scorch.

1. Stir in pumpkin, broth and half & half, maple syrup and ginger.
2. Bring soup just to a boil.
3. Season with salt & pepper to taste.

## **OLD-FASHIONED APPLE FRITTERS**

*When the kids come off the school bus, or for a snack with coffee. Apple fritters are quick and easy and taste like Fall.*

Peel and dice very fine: 2 medium apples.

In a bowl, mix: 2 TBS plus 2 tsp .sugar, 1/2 C flour & 2/3 tsp baking powder.

Stir in: 1 TBS slightly beaten egg and 1/4 C milk

Fold in: Diced Apples

Drop by tablespoonfuls into 1" hot oil (coconut oil, good) in a skillet. Fry until well browned, turning once. Drain. Roll in mixture of 2 TBS sugar and 1/2 tsp cinnamon. Eat while still warm. **Makes 1 dozen.**

**For 3 dozen-just in case you're crazy for them:** Use above method and 6 apples, 1/2 C sugar, 1 1/2 C flour, 2 tsp baking powder, 1 egg & 3/4 C milk.

## **RED CABBAGE WITH APPLES:**

1 head red cabbage, finely shredded

3 tart apples, cored and thinly sliced

1 small red or candy onion, diced

1/2 C brown sugar

1/2 C melted \_\_\_\_\_ jelly (*it calls for currant jelly which is rare a person who has this on hand-*

*Feel free to experiment with other fruit jelly that are light in flavor—  
Apple/crabapple, peach).*

Salt & pepper to taste

1/3 to 1/2 Cup apple cider or red wine vinegar

*Place cabbage in colander and rinse with boiling water. Transfer cabbage to a large, deep, heavy pan, add 1 Cup boiling water, then apples, onions, sugar, jelly, salt and pepper. Cook about 5 minutes, then mix in vinegar to taste. Stir until mixture is hot and cabbage is completely cooked. **Serves 8***

Our foodie friend & farmer, Ross Faris of Your Neighbor's Garden, passed away last week. He had been a vital link in our small food security chain. To give you an example of how important he was to us and so many more: We have a lot of growers and know truly how sustainably they grow but sometimes the farmer doesn't quite know how to articulate how much they have of a crop. There are so many times in our 7 years where Basic Roots would be like short 10 cucumbers or 8 peppers or 10 lbs strawberries. We could always call Ross and count on him to fill the void. That's basic food security.

## **HOMEMADE MAYONNAISE**

1 Large whole egg or 3 egg yolks

1 tsp Dijon mustard

3 tsp wine vinegar or lemon juice

1 C oil (olive, salad or combo)

Salt & pepper to taste

**Place egg, mustard and vinegar in a blender or food processor. Whirl until well blended. With motor running, very slowly add oil in droplets. Keep motor running until mixture is thick; taste and season with salt and pepper. Place in a glass jar, cover and refrigerate. Keeps for 3-4 weeks.s**