



100% Local

**BASIC
ROOTS**

Kay Grimm Co-

Founder &

Procurer

Sue Spicer Co-

Founder &

Deliveries

Kay Grimm

Nutritionist

Patch

Packer

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

IN THIS ISSUE:

- OLD FASHIONED APPLE STACK CAKE
- REGIONAL RAMBLINGS
- STUFFED SWEET DUMPLING WITH RICE
- APRICOT GLAZED BOSCH PEARS
- FRIED PEPPER RINGS
- GREEN BEAN-TOMATO BAKE
- PARSNIPS—CANDIED AND SCALLOPED
- GREEK GREEN BEANS
- BROCCOLI WITH PEANUT BUTTER SAUCE
- FRUITED HONEY SAUCE
- ROASTING SQUASH & PUMPKIN SEEDS

Basic Roots Community Foods

WWW.BasicRootsCommunityFoods.KaySue.Org

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REGIONAL RAMBLINGS

Sue's birthday was last week. It seems like her birthday always arrives on the week of Indian summer weather. We took off for South Central Kentucky to visit a dear friend of mine, whom I've known since the mid 1980's.

So Debbie has this beautiful 37 acres of land surrounded by caves, springs, fruitful lands and neighbors that represent community minds. Goats, chickens, heritage Dexter cattle, Morgan horses, Paw Paw fruits, KY beefsteak tomatoes and our own accommodations in the form of a travel trailer with fresh picklins outside the front door. We had fun in a short time taking the back roads, checking out the local fares & making new friends with farm folks. Southern Indiana and south central Kentucky had a near normal summer with the rain coming at the right time. The week before our deliveries we are busy procuring foods and doing farm pickups around central Indiana. So we just brought back our favorite finds to share with the group instead of adding more miles once we got back.

OLD-FASHIONED APPLE STACK CAKE

This tall, moist cake is a long-standing tradition in southern Kentucky (as was told to me). When people don't have five or six pans of the same size, they bake the layers two or three at a time, often in cast iron skillets.

Sift into mixing bowl:

4 C flour 1 C sugar 2 tsp baking powder
1 tsp baking soda 1/4 tsp salt 1 TBS ground ginger
1/2 tsp ground nutmeg

Stir in:

1 C melted butter 1 C buttermilk 3 eggs 1 C molasses or real brown sugar
Mix well to form dough. Turn onto floured board & divide into 6 equal parts. Lightly roll each part and place in individual well-greased and floured 8- or 9-inch round cake pan. Prick with fork to keep dough from buckling up as it bakes. Bake 15 min in preheated 375 degree oven. When cool, stack layers with apple filling (below). I was told the cake is best if wrapped well and allowed to stand overnight or longer to moisten layers and then stored in airtight container.

Apple Filling:

Combine and cook until smooth:

10 apples, pared & chopped, or 1 lb unsulpher dried apples, soaked several hours, drained (reserve liquid) & chopped

3/4 C sugar, more or less to taste 1 tsp ground cinnamon
1/2 tsp ground cloves 1/2 tsp ground allspice

If using dried apples, add just enough reserved liquid to make a thick sauce.

12-15 servings. To make a 6 serving, cut recipe ingredients in 1/2, using 2 eggs instead of 3.

GREEN BEAN-TOMATO BAKE

2 TBS minced onion 2 TBS chopped green pepper
2 TBS melted butter 3 C cooked green beans
2 C diced fresh or canned Tomatoes 1 tsp salt
1/4 C favorite cracker crumbs & grated favorite cheese

Cook onion and green pepper in butter till tender. Meanwhile, cook the beans. Then add the beans, tomatoes, & seasonings to the skillet & mix thoroughly. Turn into greased 1 1/2 qt baking dish. Top with the crumbs & cheese. Bake at 350 degrees-20-25 minutes. Serves 6.



Sweet Dumpling Squash Stuffed with Lemon-Herb Rice

2 Sweet Dumpling or Carnival
1 onion, chopped
3 cloves garlic, minced
2 cups cooked brown rice
1/4 cup water
juice of 1/2 large lemon (such as Meyer)
1/2 teaspoon lemon zest
1 tablespoon soy sauce
1/8 cup minced fresh parsley
1/8 cup minced fresh sage
1 teaspoon minced fresh rosemary
1/2 teaspoon dried thyme (or 1 tablespoon fresh, minced)
2 tablespoons pine nuts, lightly toasted
salt and pepper

Preheat oven to 400F. Cut the squash in half and remove seeds and strings. Sprinkle with salt and pepper and place face-down on an oiled baking sheet. Bake for 30 minutes, or until tender. (Different types of squash will take different lengths of time. Test by piercing with a fork in thickest areas.) Remove from oven but keep oven turned on.

While the squash are cooking, prepare the lemon-herbed rice. Spray a non-stick pan with olive oil, heat, and sauté the onion until it begins to brown, about 5 minutes. Add the garlic and cook for another minute. Add the rice, 1/4 cup water, lemon juice and zest, soy sauce, and herbs. Stir well, cover, and cook on low heat just until warm. Add the toasted pine nuts and salt and freshly ground black pepper to taste.

Stuff the rice into the cavities of the squash. Place them upright in a baking dish and drizzle about a teaspoon of water over each. Cover tightly with aluminum foil and bake for about 20 minutes, until hot throughout. Serve warm, garnished with additional fresh herbs, if desired.

FRIED PEPPER RINGS

Ok. We're not much for deep fried. In a healthy way, using peanut or sunflower oil, a farm fresh egg & local flour or cornmeal-much can be said about quality vs cheap.

2 sweet peppers 1 egg, slightly beaten
1 TBS water salt to taste
1/2 C dry Italian bread crumbs or cornmeal, seasoned

Remove stem end from peppers & cut into rings. Remove seeds and membrane. Combine eggs and water. Combine crumbs or cornmeal and salt. Dip pepper rings in egg mixture and coat with crumb mixture. Fry in 1-2" of oil, preheated, 3-4 minutes or until brown. Drain on paper towel.

NICE PEARS

APRICOT GLAZED BOSCH PEARS

Try this decadent dessert

1/2 C apricot preserves or jam
1/2 C orange juice

4 Bosc pears, peeled (if wish), halved lengthwise & cored
Vanilla ice cream
Pinch of ground cinnamon, 8 cinnamon sticks

1. Preheat the oven to 350 degrees. In a small bowl, combine the apricot preserves & orange juice.
2. Place the pears cut side down in an ovenproof dish. Top with the apricot mixture and bake until softened, 25-35 minutes.
3. Place 1 scoop of ice cream in each pear half (chocolate would be good too); drizzle with the sauce

ROASTING SQUASH & PUMPKIN SEEDS

Roasted seeds are easy to make, high in protein & why not? Eaten as is or mix with walnuts, almonds, peanuts and dried fruit. Add to salads, pasta dishes, sauces & veggies.

Remove seeds from cavity. Dry with paper towels. Spread seeds on a cookie sheets & let dry at room temperature for a few hours. Butter a glass baking dish. Spread out seed. Put pats of butter over the seeds (could use oil too). Use salt or any other spices you enjoy like Cajun, garlic or even cinnamon and sugar. Warm oven to 250 degrees. Bake and turn every 15 min or until golden brown. Let cool. Put in a zippie or jar.

Darlene Wilson of Wilson Farm

GREEK GREEN BEANS

Mint gives the unique Greek flavor to this dish

Brown in 2 TBS olive oil

1 clove garlic or more, chopped

1 onion, chopped

When vegetables are transparent, add:

3 C chopped green beans 1-2 tsp fresh or dried mint, chopped

2 beef or vegetable bouillon cubes, dissolved in a little water

1 large tomato, chopped (or equivalent of canned tomato)

2 tsp tomato paste fresh parsley, chopped (optional)

Stir gently and add enough water to allow beans to simmer. Cover and simmer about 30 minutes. Check periodically and add water as needed to keep beans from sticking.

Add: salt and pepper to taste. Top with Greek yogurt or Greek sour cream.

ALL ABOUT PARSNIPS:

Basic Method for cooking: 1 Parsnip 2 TBS butter salt & pepper

To Prepare: Remove root ends & top; scrub well in water & scrape the parsnip. If you get a large parsnip, halve and remove woody central cores. Otherwise leave whole & cut for individual recipes. & cut them

Cooking tip: To improve the flavor, add a little brown sugar to the cooking water, & if you like, a peeled 1" cube of gingerroot.

Cooking: Cut up into chunks. Place in saucepan & add enough water to cover them. Bring to a boil, then a simmer 20-30 minutes or until tender. Ready to use in recipes.

Candied Carmel Glazed Parsnips—either you like them or not. It seems like there is no in between for this root crop. If you have a problem with this overwhelming sweet, yet sharp flavor—try this recipe.

Melt 4 TBS butter in a skillet, stir in 3 TBS brown sugar, 1 TBS lemon juice, pinch of nutmeg and cook, stirring until the sugar dissolve. Add the cooked parsnips, pinches of salted ground pepper, and cook over medium-low heat, stirring often, for 10-15 minutes or until the parsnips are golden. Serve hot

Parsnip & Potato Scallop –

2 C sliced cooked parsnips

3 TBS butter

3 TBS flour

1 1/2 C milk

1/2 C grated Cheddar cheese

1/4C good bread crumbs

2 medium, parboiled potatoes, sliced like the parsnips (add to mellow the sharp taste of the parsnips)

Arrange parsnip & potatoes in greased 1 1/2 QT casserole. Melt butter and blend in flour. Gradually add milk and cook, stirring constantly, until thickened. Add cheese and stir until cheese melts. Pour cheese mixture over roots. Sprinkle crumbs over cheese. Bake at 350 degrees 30 minutes. Serves 4.

BROCCOLI WITH PEANUT BUTTER SAUCE –Peanut butter may sound an odd seasoning for broccoli, but when smoothed into a golden brown sauce, it brings out the best in it!

1 head of Broccoli steamed 1/3 C butter

2 TBS chopped, toasted, blanched peanuts

2 TBS cream style peanut butter

Drain broccoli, place in a heated serving dish, and keep warm.

Melt butter over moderately low heat, add peanuts, and sauté 2-3 minutes. Blend in peanut butter, reduce heat to low and heat, stirring about 2 minutes. Pour over broccoli florets & serve.

FRUITED HONEY SAUCE— COMBINE ALL INGREDIENTS IN A SMALL SAUCEPAN & COOK SLOWLY, STIRRING OFTEN, UNTIL FRUIT IS TENDER. YIELD: 2 CUPS

3 PEARS OR APPLES, PEELED, CORED & FINELY DICES. 1 C OF HONEY

1 TSP LEMON JUICE

1 TSP BUTTER

PINCH OF CINNAMON