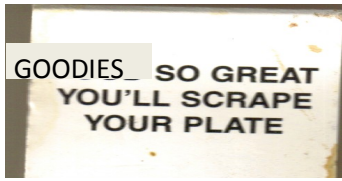


☯ *Received fresh, not yet refrigerated-symbol*



Basic Roots

MAY PICKINS' 2017

Community Foods

Locally sourced goods from 10 Indiana farms & 2 Artisans with righteously grown and/or no preservatives.

NEXT DELIVERY IS JUNE 21 & 22

**Use within (so many days) symbol*

Stone Creek Farm FREE RANGE EGGS— Johnson county area. Nice folks. Ladies at market had cutest trailer (truck bed with tin roofed wood frame)! Looking for support in building GMO free local food system but finding the \$\$ stacked against them. * refrigerate up to 30 days

Harker Farm FROZEN FREESTONE PEACHES—Got to LOVE these peaches! Great for juicing or on cereal.

** refrigerate & eat within a week or freeze for later use .*

☯ **ANCIENT "RED FIFE" WHEAT FLOUR** - Red Fife is a bread wheat (*Triticum aestivum*). It's an ancient landrace, grown primarily in Canada. Here in our Midwest region, it is grown primarily in small patches "small batch grains". This seed was grown in Ohio, cleaned by Langeland farm in Greensburg and milled at the Carthage Mill. *store cool dry place

The Appleworks ASPARAGUS -Some farmers say end of season, these folks say beginning. Lucky us today, but long term, what does this instate climate flux mean? Grown righteously *refrigerate in sac provided Upright with all "feet" in water -2 weeks

Nature's Gift eco-certified "RED BUTTER" and "PIETA" SPRING LETTUCE BUNDLES—

Beautiful heads one might expect to be served in an exclusive bistro. John, at first, humble, as I gushed praises over these beauties, turning into a Yes! Righteous! Man when I told him I would buy him out the remaining 50 heads left for our group.

*. *store loosely in sac provided, keeping paper towel damp-7 days.*

3 Farm SPRING GREEN ONIONS & ASSORTED RADISHES—Tender and with a bite, stems and all can be eaten. Kay tosses in oil and seasoning then eats raw! *refrigerate in sac provided, up to 5 days.

Hidden Acres LARGE LEAF RED RUSSIAN KALE—Sue's favorite hardy kale. Kale chip time! She de-stems then pulls into tortilla sized chunks. A little toasted sesame oil toss, flat on tray, sprinkle with parmesan (or fav seasoning). Bake 400 and babysit. 3-8min. They go from perfect to burnt amazingly quick! * Store upright, "feet" in water in sac provided. 1 week

BEET HUMMUS— St. Athanasius Byzantine Catholic Church is in the hummus biz! Beets, garbanzo beans, lemon juice, garlic, horseradish, Himalayan pink salt, cumin and pepper. The secret ingredient is LOVE! * refrigerate lasts 5-7 days.

☯ **A HERITAGE POPCORN ON THE COB**—Seal the bag with room to grow, place in microwave for 4 minutes, listen for early completion. Or check our FB page for a video suggestion! *1 month, cool dark dry place

Not liable for food once delivered. Members receive all or part due to subscription, allergies or dietary needs. www.KAYSUE.org "Local Goodness to your door" - Year Round! Email us basicroots4u@yahoo.com to be part of our next delivery.