



Basic Roots

EASTER PICKENS' 2011

Locally sourced goods from
12 Indiana farms -
righteously grown and/or no
preservatives.

Community Foods

**Use within (so many days) symbol*

NEXT DELIVERY IS
May 18, 2011

Robin'S Nest Heritage Breed EASTER EGGS &/or Homestead Farm's BROWN EGGS—

Homestead Farm, Fairland, is the newest grower in our community of farmers. **up to 1 month in frig*

Langendorf Farm FROZEN BLUEBERRIES— have that summer flavor locked in. These berries are so versatile—throw them in cereal or oatmeal, float them in your glass of wine, make blueberry muffins or just pop them in your mouth—frozen **freeze till ready to use (use frozen)*

Oaktown Farm Fresh SPRING ASPARAGUS— gets our full attention this time of the year. The season is unfortunately too short & in the past our group has missed the season. **refrigerate 1 wk in sac provided. .*

Fisher Farm VEGETABLE SOUP With GRASS FED BEEF/The Devington Green Acres Farm RAGOO SAUCE for the Vegetarians— are both superb products. The beef veggie soup is a favorite in our household. We just throw it in the crockpot, extending it by adding in canned green beans with the liquid & about 2 TBS of Tomato paste. Heat on low for about 4 hrs. As for the Ragoo it was my idea to create an end of summer harvest in a jar. Pair the sauce with pasta for a quick & easy meal. **store cool, dry place. Refrigerate when opened.*

Harvestland Farm's BIG LEAF SPINACH & CURLY LEAF ITALIAN PARSLEY are such a nice Spring treat. Both have a great "Earth Day Flavor". See newsletter for some fine recipes. The Parsley chopped should yield that cup you need for the Green Rice Casserole recipe. **refrigerate, in sac provided, 1 wk*

Homestead Growers SHIITAKE MUSHROOMS— Fulls only. These mushrooms are in such demand that they can hardly keep up with the cultivation. Just couldn't procure enough for everybody. **refrigerate in brown sac provided, unwashed for 1-2 wks.*

Fruit Loop Acres "Wild" SPRING GARLIC RAMPS— are all the rage with the upscale restaurants. Seasonal & strong tasting they add a nice garlic zip to scrambled eggs & other dishes. At Fruit Loop Acres they grow amongst the buttercups under the still bare, canopies of our large trees. Once the leaves come on the trees our Garlic dies back, reappearing again in the Fall. "Cut Now, Come Again this Fall." **refrigerate upright like flowers in a vase up to 1 week.*

Fisher Farm Canned SAUERKRAUT— is good, more like canned cabbage, but not krauty enough for my German tastes so I added Caraway Seeds for that flavor. As we get to sample products before they get to you it helps to give us ideas on how best to use these products. We recommend the kraut salad in the newsletter. **refrigerate when opened*

Joe Gady's ENGLISH WALNUTS MEATS Fulls only WHOLE ENGLISH WALNUTS 1/2 shares. The whole nuts are very easy to crack using a regular nut cracker—it's just time consuming when you have 50# of them. For the past 2 weeks every morning. Sue has been cracking Joe's Walnuts. She settles down in front of Let's Make a Deal & the Ellen show, perfectly content to do it and why? "My Mother taught me how to be a migrant worker." **freeze for freshness*

Redwine Farm HOT PEPPER SHAKES or The Chili Woman's Handcrafted Hot CHILI SEASONINGS contain a variety of hot peppers. Liven up egg dishes or homemade chili. **store in cupboard.*

Not liable for food once delivered. Members receive all or part due to subscription, allergies or dietary needs.

Email us basicroots4u@yahoo.com to be part of our next delivery.

www.basicrootscommunityfood.kaysue.org "Local Goodness to your door" - Year Round!