



Basic Roots

AUGUST PICKENS' 2011

Locally sourced goods from 7 Indiana farms, righteously grown and/or no preservatives.

Community Foods

NEXT DELIVERY IS
SEPTEMBER 21, 2011

**Use within (so many days) symbol*

Hudson Wood or Cox Farm Free Ranging EGGS-Happy people, happy farms, happy, happy chickens. **up to 1 month in frig*

VanAntwerp Farm HONEYDEW MELON- when ripened fully really tastes like honey. Sue & I let one of these ripen for a week & it was oh so awesome tasting. They need to ripen fully for best flavor. Refrigerate or in cold air for up to a week, checking every couple of days. The melon will be fragrant & with the stem end soft when pushed. We ended up writing with marker "ripe or unripe". Ripe means eat it within a couple of days. **up to 1 week*

Douds Orchard EARLY SUMMER APPLES—include the deep red, WILLIAMS PRIDE; the green & red RED FREE ; and the large green GINGER GOLD. The apples also need to ripen more. (The protocol right now is to pick the fruit a little bit early due to the drought. The squirrels & birds are also hungry & thirsty.) I have had to put bird netting over some of our fruit this year. Ginger Gold will ripen to a deep yellow with red blush-very delicious. Rule of thumb: summer apples-keep at room temperature/winter apples refrigerate. **Leave them in sac provided, letting the greens & red ripen more fully.*

Simmons Winery SWEET "Crescent" WHITE GRAPES— like we said-it's a fruity-licious summer.

**refrigerate in container provided up to a week or more*

Simmons Winery ORANGE WATERMELON— *is really sweet. Tasty sweet it is ready to eat. If you have not tried an orange watermelon, well I guess that's why you belong to Basic Roots. Watermelons are long keeper if stored in cool place. *store someplace cool up to 3 weeks or refrigerate.*

Biltz Farm "CREST HAVEN" PEACHES~are very, very juicy when ripe. We know. We have been eating Ernie's peach crop all summer long. Says he still has another 120 trees to pick. He's down in Worthington in what he calls the "peach belt". Store in sac provided, room temperature, checking them in a couple of days. Will be soft to touch when ripe.

TOMATOES from 3 sustainably grown farms— we gave you tomatoes that are ready to eat & tomatoes that need some ripening. Leave out on kitchen counter to ripen more fully. Pink Brandywines, red Big Girls, Cherokee Green/Purple, Amish Paste, Romas. **Never refrigerate. **

Mithoefer Farm Cucumber— I know-1 frickin cucumber. Drought has done a number on this crop. Very scarce right now. **refrigerate, up to 1 week*

The Compost Gal's Summer BEANS - beautiful pickens' of a late summer variety **refrigerate loosely in sac (let some air circulate inside), up to 1 week or more*

Harvestland Farm ASIAN EGGPLANT Mix— We are really in love with these small varieties. You don't have to peel, salt or seed them. Very versatile in any recipe. **refrigerate loosely out of sac up to 2 weeks.*

Mithoefer Farm SWEET PEPPERS- are a rainbow of color. Deseed, chop & freeze for winter use, if you can't use them all fresh. **store loosely out of sac in refrigerator up to 2 weeks.*

Harvestland Farm ARUGULA— has excellent flavor due to the hot weather. There's a couple of great recipes using your arugula. **refrig in sac provided, up to 1 week.*

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!