



Basic Roots

DECEMBER PICKENS' 2010

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

Community Foods

**Use within (so many days) symbol*

NEXT DELIVERY IS
January 19, 2011

Robin'S Nest Heritage Breed EGGS— so colorful & yummy **up to 1 month in frig*

CountyLine Orchard's APPLES with 2 ANTIQUE varieties— We have the yellow popular GOLDRUSH, red sweet WINE SAP, deep dark red antique BLACK TWIG and the antique russet dessert apple looking much like the Asian Pear -ROXBURY RUSSET **refrigerate, long time*

Dave & Valerie Doud's WOW, another couple different PEARS—could we say Indiana is pear phenomenal? ASIAN KOREAN GIANT and the delicate, very pear shaped YA-LI. Truly this may be it for the fresh fruit. Starting in January you'll get to enjoy our own Fruit Loop Acres no-spray frozen fruits. **refrigerate, long time*

Fields of Agape "BLACK TURTLE" Dry BEANS—Anna & Keith grow the coolest grains & beans. You'll find them at the winter's market but not these beans which are limited in supply. Dry Beans are classified as a "raw agriculture product" meaning they're not pre-washed nor sorted. Every month thru the winter we will feature a different bean to our food chain. **store cool, dry place or freeze*

Kuhn's Kountry Kitchen Homemade NOODLES—No preservatives or sugars. Fulls get 2 different types. **freeze or refrigerate to lock in the freshness.*

Farming for Life's Japanese Daikon Radish— so big you outta try the couple different recipes we included in the newsletter **refrigerate up to a month*

Knudsen's Sweet potatoes— Delbert grows these beauties, the cream colored CENTENNIAL and the pink, GEORGIA JET, way down in Napoleon, IN & grows them well. Recently Sue & I made the farm visit & loaded up the truck. 300 lbs of these babies. We taste sweet potato chips in the future. **refrigerate in potato bin up to 2 months*

Harvestland Farm's Winter grown Arugula— winter grown greens don't have the heat of their summer relatives. Think you will agree that this Arugula has a great taste without that zip. Eat stems & all. **store in frig in sac provided, up to 2 weeks.*

Farming for Life's Sweet WINTER BEETS & CARROTS -winter roots are so much sweeter than their summer counterparts due in part to the sugar that insulates them against the cold. **refrigerate the roots together in sac provided up to 1 month*

Knudsen's ACORN SQUASH - gorgeous & good for you **store cool, dry place for weeks.*

Farming for Life's plethora of ONIONS contains 4 different varieties. The yellow COPRA, saucer shaped WALLA WALLA, the red MARS & the bigger pink flesh, ALICIA CRAIG **store cool, dry, dark place*

More for Fulls: Harvestland Farm's Hoop House grown SAVORY LEAF SPINACH

MERRY CHRISTMAS TO YOU AND HAPPY 5 YEARS OLD TO US...so we sought out vintage and interesting recipe books for all because we wanted to share our love of slow food.

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!