



Basic Roots

DECEMBER PICKENS' 2011

Locally sourced goods from 11 Indiana farms, righteously grown and/or no preservatives.

Community Foods

**Use within (so many days) symbol*

NEXT DELIVERY IS
January 18, 2012

Seven Springs Farm EGGS—nutrient dense **up to 1 month in frig*

CountyLine Orchard's APPLES— This month we are featuring apples you may not have ever eaten. There are about 200 varieties of apples that we grow here in Indiana. Chances are you won't ever get the same kinds thru us. Nittany is the larger red with a yellow blush, Newtown Pippin is the greenish yellow, and Sweet Emma is the smaller red with green blush. All versatile for eating and cooking. **refrigerate, long time*

Fruit Loop Acres PERSIMMON PULP—is finally gaining some popularity with the high end local restaurants. Very versatile in lots of recipes, one can substitute the pulp in place of applesauce or any fruit in pancakes, breads and bars. No preservatives or sugars. **keep frozen till ready to use. Thaw slowly in refrigerator. .*

Patty's LOOSE YELLOW POPCORN and Wooden Farm INDIAN FINGER POP-CORN ON THE COB— Patty's popcorn is certified organic. Wooden Farm is located in southern Indiana where Sue & I had the pleasure of hand picking the cobs out of the field. The Indian Finger popcorn can be popped on the cob, whole, in the microwave. Place in brown paper sac and start at 1 min. Will pop whole on the cob. **store cool, dry place or freeze*

Farming for Life AMAZING RAINBOW CARROTS—are too cute and colorful for their own good. Joe's secret to growing good roots such as these is to feed the soil with good nutrition. **store in sac, frig, 2 months.*

Harvestland Farm RED RUSSIAN KALE— hoop house grown. Fulls only. **refrigerate up to 2 weeks in sac provided.*

Knudsen Farm GEORGIA JET SWEET POTATOES— Delbert grows the pink GEORGIA JET, way down in Napoleon, IN & grows them well. Every year, for the past 4, Sue & I make the farm visit & load up the van with a couple hundred lbs of these beauties. If you ever want to take a day trip out that way, be sure and stop at Bonapart's Retreat in Napoleon for what we think is the best fried chicken (with local chicken) anywhere. Sweet potato chips by The Amazing Chip Company for next month's pickins is in the works. **refrigerate in potato bin or cool, dry place up to 2 months*

Harvestland Farm BRUSSEL SPROUTS ON THE STALK - I think it is a real treat to obtain brussel sprouts. I know it seems like either you like them or you don't. If steamed sprouts are not for you, do try our recipe included to see if you'll change your mind. The fatter sprouts you can twist & snap to get them off the stalks & the smaller ones use a knife to cut right below where it joins the stalk. *off*store in frig, on stalk, up to 2 weeks.*

Michaela Farm, Oldenburg IN, PURPLE MUSIK GARLIC —garlic was hit & miss this year. We were glad to find some on our recent farm visits in southeastern Indiana. **store, cool, dry place*

Beiler Amish Farm BUTTERNUT SQUASH - righteously grown **store cool, dry place up to a month.*

SwissLand CHEESE Berne IN Amish cheese cooperative. Grass-fed, organic, goat are some of the offerings you will receive. **refrigerate for long time*

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!