



Basic Roots

JANUARY PICKENS' 2011

Locally sourced goods from 9 Indiana farms, 1 fair trade-righteously grown and/or no preservatives.

Community Foods

**Use within (so many days) symbol*

NEXT DELIVERY IS
February 15, 2011

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

CountyLine Orchard's Blue Ribbon APPLE CIDER— No bad apples in this batch. 100% pure & unpasteurized from Wabash, IN **keep frozen till ready to use, place in refrig to thaw slowly & shake well thawed. Once opened, drink w/in a week or turns into pure cider vinegar.*

Our Fruit Loop Acres FROZEN BLACKBERRIES— our cane berries loved all the excess rain this past summer, growing big, fat, & juicy. No sugar added which makes them pretty tart & sour **keep frozen till ready to use*

Doud's Apple Varieties—2 or more of MeLRose, Ida Red, Yellow Delicious, & Winesap round it out.

Our own Devington Farm DRIED FIELD PEA VARIETIES— sampling of our heirloom 6 week Crowder Peas, old fashioned Black Eyed Peas, heirloom Taylor Horticultural Shell-Outs (maroon streaked) & heirloom Dragon Tongue Wax (striped Bean). Summer grown, Fall Harvested, Winter stored, no loss of flavor at all. An occasional pod may look ugly. It won't affect the peas inside. **store cool, dry place or freeze*

Farming for Life's GOLDEN RUTAGABA— are a pretty versatile root. Much sweeter than it's cousin the turnip, yet having the texture of potatoes makes it a good substitute. Cut the purple stem off right above the bulb & compost. Too tough. Peel or grate off the skin **refrigerate 2-3 wks*

Kuhn's SWEDISH PEANUT POTATOES— Neal Kuhns, from Rockville, grew these. Only about 23 years of age, he disclosed to us his idea to grow exclusively for Basic Roots. What we love about these potatoes is that there perfect to throw in with your other roots that you may roast. **refrigerate in potato bin up to 2 months*

Harvestland Farm's Winter GREEN CABBAGE— is small but traditionally necessary. Grown in a hoop house in spite of the wind. The fresh green stuff is hard to come by this month due to the cold weather that continues to stay in place. **store in frig in sac provided, up to 2 weeks.*

Farming for Life's Sweet BLACK SPANISH RADISH & BABY TURNIPS—is a beautiful mix together. Both have a slight zippy taste but when roasted the zip mellows out and they melt in your mouth" **refrigerate the roots together in sac provided up to 1 month*

Very fresh SWEET POTATO CHIPS - from the sweet Georgia jets & Centennial Roots you got last month. Made by the Amazing Chip man, Larry exclusively for Basic Roots. Chipping sweet taters is quite the challenge, so Larry fried most of these himself with his "loving spoons". **store cool, dry*

Farming for Life's Spanish Onions are a bit bigger than last month with a bit more heat, typical of the Spanish varieties. They would be excellent roasted. **store in cool, dry, dark place*

Organic Fair Trade RAW Sugar— Not processed like it's white cousin but measures just the same. Granulated bits would be excellent addition sprinkled on the Blackberries or with the blackberry buckle. **store in sack provided in dry place.*

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!