



Basic Roots

JULY PICKENS' 2011

Locally sourced goods from 7 Indiana farms, righteously grown and/or no preservatives. 80% picked fresh this morning.

Community Foods

NEXT DELIVERY IS
AUGUST 17, 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 CANTALOPE- loves the heat. Will exude a musk smell when ripe with the end that connects to the stem should be slightly soft. **refrigerate, eat within 3-5 days the longer it's in the ripper it gets.*

Mithoefer & VanAntwerp Farm BLACKBERRIES-are so black they hurt my eyes packing them. **take lid off to let them breathe & refrigerate in container provided, up to 3 days.*

The Compost Gals' & Cam's FRENCH FILET, Yellow, Purple, Green BEANS- a trio of goodness. Use the purple beans as an indicator when done. They will turn green when tender crisp. **store loosely in sac provided up to a week or more*

The Compost Gals' RUTABAGA- is a meal on it's own. Be sure & peel when prepping for any recipe. **store loosely frig, up to 3 weeks.*

COOL CUCUMBERS- crispy pickens' from 3 different farms. **refrigerate, up to 1 week*

GOLD RUSH & BLACK BEAUTY ZUCCHINI - beautiful pickens' from 3 different farms **refrigerate loosely out of sac, up to 1 week or more*

Reynolds Farm Freshly Dug RED PONTIAC POTATOES- Glen is one of those farmers that's been around for awhile. Told me "once you get dirt in your blood, you can't wash it out." **refrigerate loosely in potato bin*

The Compost Gal's DINOSAUR KALE- is at the perfect stage of tenderness. . **store in sac provided with other goodies, upright, adding in a bit of water to keep the stems wet. Cover loosely, 2 wks.*

The Compost Gals' "YA YA" CARROTS- have real good flavor. ** refrig in sac provided with the other goodies, upright, adding a little bit of water to retain freshness . Store with sac loosely closed on top up to 3 weeks.*

Waterman Farm "TEMPTATION" SWEET CORN- If you want to grill sweet corn, best method is to soak the ears, husk & all, in cold water for a couple of hours. Place on grill, turning frequently. When done, peel husk back to reveal plump & juicy kernels. ** refrigerate & use within 3 days for best sugar content.*

The Compost Gals' GREEN BELL & SWEET BANANA with a long GREEN CHILI ROASTER & A HOT PEPPER SAC WITH DARK GREEN CHILI RELLENOS, PLUMP JALAPENO & SPICY SPORT PEPPERS
The chili roaster & chili rellenos are excellent on the grill. Slit them open, deseed & char the skin. Add some cheese towards the end to take away some of the heat. The sport peppers are the original peppers on the Chicago style hot dogs. **store loosely in frig, up to 2 wks*

SPECKLED & GREEN BASIL AND A LARGE SCALLION-Falls only. See the Thai Pesto recipe

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!