



Basic Roots Community Foods

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BASIC ROOTS

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Sugar Snap Peas!

There's only one cooking rule you need to know about sugar snap peas: Keep it short to keep 'em sweet. Two to four minutes of sautéing or steaming is all it takes to bring out their subtle flavor. While cooking them whole is the obvious choice, sugar snap peas can also be shelled and pureed for soup, julienned to go in a pasta dish, or split and stuffed for a tasty hors d'oeuvre. We've even chopped them in a food processor to make a savory springtime tart.

Nutritional Profile

1 cup equals 75 calories

- Total fat 0 g
- Cholesterol 0 mg
- Sodium 143 mg
- Carbohydrates 15 g
- Fiber 4.5 g
- Sugars 7.5 g
- Protein 4.5 g

Peas are also a good source of folic acid, potassium, calcium and Vitamin A.

Shrimp and Sugar Snap Pea Pasta

Bring a large pot of lightly salted water to a boil. Add linguini pasta, and cook for 8 to 10 minutes or until al dente. Drain,



reserving 1/4 cup liquid.

Heat the olive oil and chili oil in a wok over medium-high heat. Mix in the shrimp, pea pods,

and garlic. Cook and stir 2 minutes, until shrimp are almost opaque. Remove from heat, and set aside.

Pour the wine into the wok, and bring to a boil. Cook until reduced by 1/3. Return shrimp, peas, and garlic to the wok, and stir in the reserved pasta water. Continue to cook and stir until shrimp are opaque. Remove wok from heat, and mix in the butter, lemon juice, and basil. Toss with the cooked pasta to serve.

- 1/2 (16 ounce) package uncooked linguini pasta
- 1 tablespoon olive oil
- 1/2 teaspoon chili oil
- 3/4 pound medium shrimp,

peeled and deveined

- 1/2 pound sugar snap pea pods
- 1 large clove garlic, minced
- 3/4 cup dry white wine
- 2 tablespoons reserved pasta water
- 1-1/2 teaspoons unsalted butter
- 1-1/2 teaspoons fresh lemon juice
- 2 tablespoons and 2 teaspoons chopped fresh basil

Bring a large pot of lightly salted water to a boil. Add linguini pasta, and cook for 8 to 10 minutes or until al dente. Drain, reserving 1/4 cup liquid.

Heat the olive oil and chili oil in a wok over medium-high heat. Mix in the shrimp, pea pods, and garlic. Cook and stir 2 minutes, until shrimp are almost opaque. Remove from heat, and set aside.

Pour the wine into the wok, and bring to a boil. Cook until reduced by 1/3. Return shrimp, peas, and garlic to the wok, and stir in the reserved pasta water. Continue to cook and stir until shrimp are opaque. Remove wok from heat, and mix in the butter, lemon juice, and basil. Toss with the cooked pasta to serve.

More about Peas

Peas are divided into two categories: those with edible pods and those without them.

Green Pea, English Pea, and Garden Pea, all fall into the category of the peas with pods not to be eaten. As to specific varieties, most commercial peas are either called garden or English peas.

Petit pois are not a variety of peas but merely green peas that have been picked before full maturity. Since they are picked early, they are smaller than normal green peas.

Snap peas look like miniature versions of the green pea pods, except the snap pea pods are edible.

Sugar Snap and Sugar Daddy are the two varieties of snap peas. The Sugar Daddy is actually a cross between the green pea and the snow pea, and is a string-less sugar snap pea. You don't have to necessarily remove the strings from Sugar Snap peas before cooking.

Zucchini Cole Slaw

Ingredients:

1. 1/2 cup coarsely shredded zucchini
2. 1/2 cup shredded cabbage
3. 1/4 medium carrot, shredded
4. 1/2 green onions, sliced
5. 2 tablespoons thinly sliced radishes
6. 1 tablespoon and 1 teaspoon light mayonnaise
7. 1 tablespoon and 1 teaspoon mild picante sauce
8. 1/8 teaspoon ground cumin

Directions:

Drain zucchini by pressing between layers of paper towels. Place in a large bowl and combine with cabbage, carrot, onions and radishes. In a small bowl, combine remaining ingredients. Pour over vegetables and toss well. Cover and chill at least 1 hour.



GARLIC SCAPES

The garlic plant has more than one usable portion. While many people are aware of the many uses for the garlic bulbs, not as many people are aware that the stalk of the garlic plant is also edible. Often referred to as the garlic scape, the stalk also contains flavor and can be used in a number of different recipes.

The garlic scape serves as the stem from which the seed head of the garlic bulb is formed. As the bulb begins to grow and mature, garlic stalks also begin to lengthen. During the growth period, the garlic scape begins to curve. Contained within the garlic scape is a great deal of flavor, although the stalk never does reach the level of the pungent garlic bulb itself. Initially, the garlic scape is relatively tender, making it ideal for use as an ingredient in several dishes. As the plant continues to mature, the garlic scape gradually begins to straighten, creating more support for the bulb. At this juncture, the garlic scape is much tougher and ceases to be usable for most recipes.

The farmers' markets and the CSA shares in this area are brimming with garlic scapes.

Many people question what to do with them; I'd suggest making garlic scape pesto. It is super easy to make and refrigerates well for several weeks in a well sealed jar. It would also be good to place some into the freezer to top off winter soups. Consider using this pesto on bruschetta, pasta, eggs, foccacia, and just about anything you might grill like shrimp, salmon, and chicken. It's also fabulous added to mayonnaise and smeared on a big roast beef sandwich!

Garlic Scape Pesto**Ingredients:**

- 1 pound garlic scapes
- 1 cup grated parmesan cheese
- Olive oil (about 1/2 to 1 cup)
- Pine nuts if available

Directions:

Chop the garlic scapes into 3 inch lengths. Put it the food processor and process until pureed. Add the parmesan and pine nuts and process until smooth. Slowly add the olive oil as the food processor runs and continue until all the oil is combined into the garlic. Store in an air-tight jar in the refrigerator.

Zucchini Pie

Ingredients

- 4 cups zucchini - peeled, seeded and sliced
- 1 1/4 cups white sugar
- 2 tablespoons all-purpose flour
- 1 1/2 teaspoons ground cinnamon
- 1 1/2 tablespoons cream of tartar
- 2 tablespoons lemon juice
- 1/8 teaspoon salt



- 1/4 teaspoon ground nutmeg
- 1 tablespoon butter, diced
- 1 recipe pastry for a 9 inch double crust pie

Directions

1. Boil zucchini until tender. Drain and let stand in cold water for about 5 minutes, then drain.
2. Add sugar, flour, cinnamon, cream of tartar, lemon juice, salt, and nutmeg. Mix well. Put into the pie crust. Dot with butter. Put top crust on.
3. Bake at 400 degrees F (205 degrees C) for 40 to 50 minutes.

GRILLED PATTY PAN SQUASH

Ingredients

- 4 medium sized patty pan squash
- olive oil with onion and garlic powder

Directions

1. Cut squash length wise and remove seeds. Wash thoroughly in cold water and pat dry.
2. Pour 1/4 cup olive oil into a cup and add 1/4 tsp garlic and 1/4 tsp onion powder. You can add other spices to the oil if de-



sired.

3. Note: Rosemary, oregano, sweet marjoram, fresh basil, red pepper flakes, salt and pepper, parsley are good suggestions.
4. Pre-heat BBQ to 400°F.
5. Brush squash on one side with olive oil mixture and place face down on grill.
6. Cover for 6 to 10 minutes then brush top of squash with olive oil, turn over and cover again.
7. Repeat this process until squash is golden brown on both sides.

Stuffed Patty Pan Squash

Ingredients

- 6 pattypan squash, stem and blossom removed
- 6 slices bacon
- 1/2 cup diced onion
- 1 1/2 cups soft bread crumbs
- 1/4 cup freshly grated Parmesan cheese
- salt and pepper to taste

Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Bring one inch of water to a boil in a saucepan over medium-high heat. Add squash, cover, and cook for 10 minutes, or until a fork can pierce the stem with little resistance. Drain, and slice off the top stem of the squash. Use a melon baller to carefully scoop out the centers of the squash. Reserve all of the bits of squash.
3. Place bacon in a large, deep skillet. Cook

over medium high heat until evenly brown. Remove bacon to paper towels, and set aside. Sauté onion in bacon drippings. Chop the reserved squash pieces, and sauté them with the onion for one minute.

4. Remove the skillet from heat, and stir in the breadcrumbs. Crumble the bacon, and stir into the stuffing along with the Parmesan cheese. Season to taste with salt and pepper. Stuff each squash to overflowing with the mixture, and place them in a baking dish. Cover the dish loosely with aluminum foil.
5. Bake for 15 minutes in the preheated oven, or until squash are heated through