



# Basic Roots

JUNE PICKENS' 2011

Locally sourced goods from 5 Indiana farms, righteously grown and/or no preservatives.

## Community Foods

*\*Use within (so many days) symbol*

NEXT DELIVERY IS  
JULY 20, 2011

Hudson Wood Farm Heritage Breed, Free Ranging EGGS—and we are not kidding about the free ranging. We made our first farm visit this past Saturday . Happy people, happy farm, happy, happy chickens. *\*up to 1 month in frig*

Waterman U-pick Farm SWEET STRAWBERRIES—has had a phenomenal season. Sweet & juicy you'll find them. *\*refrigerate in container provided, up to 5 days.*

VanAntwerp Farm SUGAR SNAP PEAS— are just what they're called. Sweet & snappy eat raw as in salads or quick boil to retain the color & texture. *\*store in sac provided.*

The Compost Gal's NAPA CABBAGE— a.k.a. Chinese Cabbage has a more delicate texture & flavor than the common green. If you find the green cabbage too strong for your liking or if it gives you gas, than this the perfect substitution. Can be substituted for any cabbage recipe but I find it best as a summer salad with flavors of Asian ingredients. *\*store upright in frig, adding a little water to bottom, up to 3 weeks.*

Hudson wood Farm GERMAN GARLIC & SCAPES with Uncle Bilt's SPRING ONIONS— Bold flavors. The scape is the long, curly cue thing coming out of the middle of the garlic. That white part eventually becomes the seed head. Very edible. Chop up like a scallion. As for the onions, they'll just get bigger as the summer marches on. *\*refrig in sac provided, adding a little water to the bottom*

Hudson Wood DILL—A sprig or two to dilly up a slaw. *\*refrigerate*

The Compost Gal's ROMAINE HEAD LETTUCE - is dense & juicy. *\*store in sac provided.*

RED STEM TURNIPS & a WHITE JAPANESE TURNIP with the lovely GREENS— I must say, look beautiful. I know Turnips don't get a lot of love from many folks but try the recipe(s) included and see if a little of your love rubs off on them. As for the greens, a quick sauté in sesame oil would compliment them *\*refrigerate in sac provided, adding a bit of water to keep fresh. Store with sac loosely closed on top up to 1 month.*

The Compost Gal's "WHITE RUSSIAN" KALE— is very robust. The classic green variety is versatile in soup or sautes . Strip the leaves off the stems & compost the rest. *\*store in sac provided, upright, adding in a bit of water to keep the stems wet. Cover loosely, 2 wks.*

RAINBOW SWISS CHARD— has a earthier taste, summer grown than early Spring. Grown by The Compost Gals *\*refrig in sac provided , adding a little bit of water to retain freshness . Store with sac loosely closed on top up to 2 weeks.*

The Compost Gal's CROSBY EGYPTIAN REDS BEETS & A GOLDEN ONE with GREENS— Sometimes we think this food is too lovely to eat. Add the greens to the Italian Kale Soup recipe *\* refrigerate , sac provided, storing upright, with water* Store with sac loosely closed on top up to 1 month.

*Not liable for food once delivered. Members receive all or part due to subscription, allergies or dietary needs.*

Email us [basicroots4u@yahoo.com](mailto:basicroots4u@yahoo.com) to be part of our next delivery.

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