



# Basic Roots

MARCH PICKENS' 2011

Locally sourced goods from 12 Indiana farms –1 regional- righteously grown and/or no preservatives.

## Community Foods

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

NEXT DELIVERY IS  
20 APRIL, 2011

**Robin'S Nest Heritage Breed EGGS &/Or Homestead Farm's Brown EGGS**— Homestead Farm, Fairland, is the newest grower in our community of farmers. If you ordered more than 1 doz you'll get to try both farms. We just recently kicked 1 of our egg farmers to the curb because he wasn't using free range practices anymore. We, as part of our mission, make farm visits to ensure Basic Roots gets the highest quality of food avail.. *\*up to 1 month in frig*

**Old School JAM or JELLY**—with old timey tastes are sourced from 4 different farms or artisans. The Zahnd Family Farm in Fairland, Granny's Kitchen in Greenfield, Stoltzfus Farm, Rockville & Yours Truly in Trafalgar. *\*store in cool, dry place & refrigerate when opened*

**Fannie Fisher's KOSHER SWEET PICKLES**— say they are Dill Pickles but folks they're not. Sweet chunks of cucumbers they are. As part of our passing on these good foods to you, sampling stuff is in our job description. **Rule of thumb** with any canned goods is to remember to press lid, making sure it's still sealed. I always smell the product when I open it, in case of spoilage. Do a visual check too. Products should look pretty like the pickles & beans. *\*store cool, dry. Refrigerate when opened.*

**Fisher Farm's CANNED GREEN BEANS**— so versatile to be used in any dish. I like to throw in a jar of beans in crockpot soup. Use that nutritious liquid too. 1 Qt equates to about 2 C of water if you need to know to tweak your recipe. Best of all the canned beans will keep for very long time stored properly. *\*store cool, dry place. Refrigerate when opened.*

**Neighborhood grown SUNCHOKES**— are also known more commonly as "**JERUSALEM ARTICHOKES**". Dug these up fresh just Sunday evening here in the 'hood. If you haven't had these before you are in for a real treat. See newsletter on ways to use & more good info. *\*store, frig, in sac provided, 2-3 WKS.*

**Big Raccoon Creek in Parke Co, Bridgeton Mill's CRACKED WHEAT & OAT HOT CEREAL Mix**— is good stuff. It's a blend of wheat & Oat flours. Stone ground last week for the very fresh taste. Jazz it up with jam, yogurt or any fresh fruit. See newsletter for cooking it up. We added an organic 7 whole grain mix of Millet, Flax, Rye & Barley Grits, Oats, Wheat & Cornmeal from Stutzman Farms in Ohio for the Fulls. For this blend 1 C grain to 4 C water. Simmer 20-30 min. *\*\*best if frozen for future use (locks in freshness))keeps forever.*

**Harvestland Farm's "BIONDA DI LYON" CHARD**—. Is mild & more tender than our regular Swiss Chard. Me thinks they would be excellent in recipe provided. Ribs could be saved for a stir fry as they're a bit tough. *\*store in frig in sac provided, up to 2 weeks.*

**Harvestland Farm's BABY, Baby BOK CHOY & SPRING SCALLIONS**—Fulls only These are like bok choy shoots. Stems crunchy and tender with succulent leaves. To me the scallions are harbingers of Spring *\*store , frig, in sac provided up to 2 wks.*

**Mozingo Farm's, certified Organic, POPCORN**- is one of their specialty crops. Gerald just harvested the kernels off the cob last week which equates to very, very fresh corn. You will taste the difference-pops big, fat tasty corn *\*I store my popcorn in the freezer to prevent the kernels from drying out which is why the store bought corn doesn't always pop that well. "grannys" are a result of old, dried out corn.*

**Cornerstone Bakery's Homemade RUSTIC OAT BREAD** -IS one of our newer artisans. Sue & I are what we call bread snobs. (picky). It's not anyone we invite to make our breads. I told Cindy I wanted a toast type bread to pair with the jams. Cornerstone bakes the breads for such prestigious places like Shapiro's, St. Elmo's, The Conrad. Need we say more. *\*fresh is best.*

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

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