



Basic Roots

MAY PICKENS' 2011

Locally sourced goods from 9 Indiana farms, 1 regional – sourced locally, righteously grown and/or no preserva-

Community Foods

**Use within (so many days) symbol*

NEXT DELIVERY IS
JUNE 15, 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*

Mithoefer's RHUBARB (a.k.a “Pie Plant”)—we swear is the best & so does the IN State Fair (reigning champion). Rhubarb is old-fashioned but rapidly gaining popularity with the upscale eaterys. They rank it amongst the other harbingers of Spring. **refrigerate in sac provided, 2 weeks.*

Hickory Works SHAGBARK HICKORY SYRUP— Just like the Maple syrup, these 2 native hardwoods produce a syrup only known to a guy named Gordon. You can find him & his array of hardwood syrup products at the original City Market Farmer's Market, Wed mornings from 9-1:30. In our recipes this month are various ways to enjoy this syrup. **refrigerate when opened. Keeps forever.*

Fruit Loop Acres FROZEN FRUIT—were unveiled at the Indy Winter Farmer's Market. We are the first in the city, with the Board of Health seal of Approval to offer our fine fruits. For use in recipes you need only to slightly thaw the fruit. Red Haven Peaches, French Plums or Peacots (Apricot/Peach). **freeze till ready to use & thaw slightly in refrigerator before using.*

VanAntwerp Farm LOOSE LEAF HEAD LETTUCE— 01' Dave is always one of the first with the freshness and the very first farmer to have hot house Tomatoes on now. \$3.99 a pound –ouch! **refrig in sac provided-1 week.*

Devington Farm SPRING ONIONS—what a delight when Sue & I discovered the onions had made it through the winter! As we pulled them out of the thick mud we discovered red, Spanish yellow & white Spring goodness. **refrigerate & store in sac provided, adding a little water & store upright to keep for days.*

The Compost Gal's MEDLEY OF RADISHES—are so delicious. The long bi-colored French Breakfast, multi-colored Easter Eggs & red Cherry Bells round out the mix. **refrigerate in sac provided*

PaPPARDELLE'S Handmade SPRING MEDLEY ORZO PASTA— is sourced locally, though hand-crafted in the lovely state of Colorado. You'll find these folks this summer at the Binford Farmer's Market on Saturday morning. Recipe provided or pair with the sun dried Tomatoes.. **refrigerate to lock in freshness..*

The Compost Gal's Loose Leaf Spinach—big leaf which makes it ideal to use in casserole or omelets. **store in sac provided, 1 wk*

Kuhns Kountry Kitchen SUNDRIED TOMATOES—are naturally sweet when done right. Reconstitute for use in specialty dishes. Since they're sliced, snip them into chunks to stretch them out further. **freeze to lock in freshness*

Fields of Agape Farm RED BEANS— is another variety of dry bean that they are known for. Chemical free practices on a 2nd generation farm equates to a lot of love in their product. Certified Organic. **freeze for freshness.*

Fisher Farm SWEET PICKLE RELISH (wrapped in Amish newspaper) is just in time for the hotdogs & potato salad. **refrigerate when opened.*

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!