



Basic Roots

NOVEMBER PICKENS' 2010

Locally sourced produce from 10 Indiana farms, sustainably grown and/or no preservatives.

Community Foods

NEXT DELIVERY IS
December 15, 2010
Days are very short

**Use within (so many days) symbol*

Farm Fresh EGGS— heritage breeds from Robin's Acres. **up to 1 month in frig*

APPLE PIE FILLING in a jar— we partnered with the Henry Fisher family who did a bunch of our canned goods in their Amish kitchen **store in cool, dry place. Once opened, use immediately*

Soft White WINTER Wheat PASTRY Flour—organically certified from our friends at Bridgeton Mills. The main ingredients you'll need to make that apple pie on Thanksgiving. View Sue's pie crust recipe in newsletter using coconut oil. **refrigerate or freeze excess to lock in freshness.*

Antique COMICE PEARS —no-spray, grown at KG Acres, Lebanon. The blocky shapes & large fruits are typical of this variety. We got them from Laura 5 weeks ago, hard & green, & have been ripening them in cooler in anticipation for this month's delivery. The pears loved the wet weather of the summer & equally fared well during the drought. **refrigerate*

Frozen Seasonal SOUPS—"Surprisingly Squash &/or "End of Summer Roast"—made for us by Cate of Cate's Cottage from her homegrown produce. No preservatives or sugars. **freeze.*

Hardneck White or Purple GARLIC—Rush County, pure & natural

Golden Dry SOYBEANS— non-GMO certified. Fields of Agape is an amazing small grain farm that practice what they preach. We find the texture comparable to fresh edamames. In preparing, follow instructions on enclosed brochure. **best frozen in bag provided to preserve freshness*

Hoop House Grown BROCCOLI— is so tender & sweet. Our newest farm, Harvestland Farm, is located next to Anderson University, where they have major hoop houses up. We look forward to some stellar fresh stuff they're growing for this us this winter. The next 3 veggies are hoop house grown by Harvestland Farm. **store in frig in sac provided, up to 2 weeks.*

NAPA (Chinese) CABBAGE - manageable heads. Try the different suggestion in the newsletter **store upright in sac provided for days*

BOK CHOY - gorgeous & good for you. **refrigerate for days, upright, in sac provided*

"Grand Rapids" HEAD LETTUCE is so fine. Enjoy **refrigerate by adding water to the bottom & storing upright in sac provided.*

Kennebec BAKERS—homegrown by Dean, a backyard farmer. These are true bakers, referring to their meaty texture that holds up when baked. **refrig loosely in frig, 2 weeks*

Hydroponic grown COLLARD GREENS —so tender & fluid with hardly the cold hardy flavor of field grown collards. Good Life Farms. **refrigerate in sac provided.*

More for Fulls: Fresh ITALIAN PARSLEY, (Potato Parsley Soup) & RED CABBAGE (hot Slaw)

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!