



Basic Roots

OCTOBER PICKENS' 2010

Locally sourced produce from 9 Indiana farms, sustainably grown and/or no preservatives.

Community Foods

NEXT DELIVERY IS
November, 2010
Winter beginnings

**Use within (so many days) symbol*

Farm Fresh EGGS— come from Seven Springs Egg Cooperative. You'll find these yummy s also at Good Earth Natural Health Food Store & Georgetown Market, if you need more. **up to 1 month in frig*

LOTS OF APPLES— from Silver Ring Farm in Huntington & Grwbow Orchard in Greenfield. We have the gleefully green Granny Smith, the yellowish green hue of Mutsu, the speckled WineSap, the giant red Scarlet Beauty **refrigerate for long time.*

Our Own Winter KEIFFER PEARS —are grown at our Fruit Loop Acres. No spray, for sure, we believe you will find these incredibly juicy & flavorful **refrigerate 1 week but why woulda ya!*

Sugar baby Pie Pumpkins- look cute but best of all, with their higher sugar content as compared to Jack O' Lanterns, made fresh, make awesome pies, breads, muffins. **store in cool, dry place for long time, meanwhile use as Halloween decoration but do not let them freeze.*

Big Sweet "Storage Ready" Candy Onion—grown by our Amish farmer, John. The term storage means it's been dried properly & does not need to be refrigerated **store in cool, dry place*

PARSNIP— is a fanstastic root that one rarely finds here. Normally if growing conditions are right they end up being snappy & flavorful like carrots. These particular ones are kinda pithy because of the drought, best put in soup, a roast or stew to slow cook them & to bring out the flavor. **refrig in sac provided*

White Japanese WINTER RADISHES— are a new introduction from our compost growers. A cross between a winter radish & turnip, crisp but yet juicy, with a slight hint of heat, would be best used raw in salads or slightly sauted. **store in frig in sac provided, up to 2 weeks.*

Carnival ACORN SQUASH— are grown at Simmons Winery. Sue & I happen to love all their produce, grown with no chemicals yet sweet like their grapes. These are great for stuffing **store, cool, dry place*

PEPPER & ASIAN EGGPLANT BLOW-OUT - END OF SEASON In the mix you will receive long green Anaheims, dark green Poblanos, & Asian Eggplant, all good for grilling or roasting & big greens Bells perfect for stuffing. Remember you can freeze what you don't use in peppers. **refrigerate for days.*

Rainbow Swiss Chard & Dinosaur Kale are always a sign of cooler weather, 'weather' it be Spring or Fall. Grown in rich, deep, dark soil this chard embues a strong earthy flavor while the Kale adds a slight spicyness to the mix. **refrigerate by adding water to the bottom & storing upright in sac provided.*

A trio mix of Red Pontiac, Yellow Finn, White Roasting POTATOES—are the varieties that are good in stews, soups, roasted. They will hold their texture & flavor. Since they have been pre-washed (wash again when ready to use) their longevity is more limited than unwashed spuds **refrig loosely in frig, 2 weeks*

Freshly dug SWEET POTATO TUBERS are from our Devington Green Acres farm. We dug up about 100 lbs of tubers this past Sunday, just a handful were very big, most this perfect French fry size. It wasn't because of the drought but rather we planted them too late. This is exactly what makes gardening a science as well as an art form. **refrigerate with other potatoes, up to weeks.*

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!