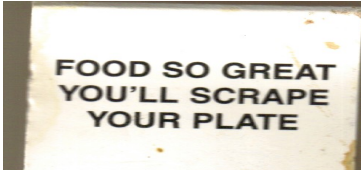


Basic Roots

OCTOBER PICKINS' 2011

Locally sourced goods from 8 Indiana farms, righteously grown and/or no preservatives.

NEXT DELIVERY IS
NOVEMBER 16, 2011



FOOD SO GREAT
YOU'LL SCRAPE
YOUR PLATE

**Use within (so many days) symbol*

Community Foods

Seven Springs & Cox Family Farm FREE-RANGING EGGS- **up to 1 month in frig.* The Cox Family Farm with their yummy eggs, suffered a terrible loss last week & so did all of us. Their 3rd generation barn that housed the chickens at night burnt down & out of 75 chickens only 3 survived. You're getting the last of their eggs

Fruit Loop Acres WILD PEARS with Douds Orchard 5 variety pack of APPLES- Block shape Comice, rust spotted Winter Keiffer, no neck Winter Nellie pears are just becoming ripe. Once at their peak of ripeness (in your subscription) do not refrigerate but rather keep all these at room temperature to maintain the quality. The russet hued Bosc pears known for their dessert like quality with their long tapered necks and russet color these would be yummy poached (see recipe). The smaller Seckel pears have wrinkly skin (suggest peeling them) with a completely different sweet taste than the others. The apples in this pickin' is crunchy & dark red York, old-fashioned Jonathon, smooth Red Cortland and sweet, sweet Fuji & ripened Gala. **refrigerate long time for apples & room temperature pears.*

Miller Farm SALAD BOWL BABY LETTUCE MIX with young SPINACH—are going to make a kick-ass salad. Sue, Dave & I traveled to the countryside of Rushville Monday, to cut this blend for you. Succulent baby Romaine, Black seeded Simpson, and red Deer Tongue round it out. Though it's very organic, we did notice some aphids. Wash well. **refrigerate loosely in sac provided. Crunch it up by adding a bit of water & shaking.*

The Compost Gal's PARSNIP— is a cousin to the carrot. Few people relish them because their cousin is so much sweeter. I grew up eating on carrots & parsnips & eating parsnips brings back good memories of my childhood. **refrigerate in sac provided, with celeriac, 2 weeks*

Huber Winery & Farm BROCCOLI- is really picture perfect. We saw a sign off the interstate & peeled off to find them. Their place is gorgeous, set high up on a ridge, in a place called Starlight, IN. Found out it was their busiest day of the year, hordes of people enjoying a beautiful day in the country. The winery & farm are founded on sustainable agriculture practices. Crops, fruits, grapes are all open for u-pick & laid out like something you see in a magazine. We highly recommend you go visit so we enclosed their brochures. **refrigerate, storing loosely in sac provided up to 7 days.*

Loftus Farm, Edwardsville IN SWEET DUMPLING & CARNIVAL SQUASH— had a mobile market set up in front of a Kountry Kitchen restaurant around the corner from the Motel 6. It turns out they own it. We had a real nice country breakfast that morning using all their own local ingredients & eggs. **Store in cool, dark temperature, 1month*

Avalon Farm, Knob Lick, KY YELLOW KENTUCKY BEEFSTEAK TOMATO with a few other additional- I was told, is the Commonwealth's states Tomato. An old-fashioned heirloom, thick-meaty-sweet & weighing up to 2 lbs! They may not look so pretty since they travelled a few + carbon miles, but nonetheless cut out the bad & enjoy the rest. Use the beefsteaks up w/in a day or 2. Last tomatoes of the season. **Never refrigerate.*

The compost Gal's SWEET PEPPER or 2-are also last of the season. Choose your recipe wisely.

Huber Winery & Farm GREEN BEANS- are so robust in flavor & texture. You must know we eat much of this good stuff before it gets to you so we can report what we know. These certainly are our favorite of the season. It's the last of the summer beans. These will hold up in any way you choose to cook them. **refrigerate loosely in sac provided, 1week.*

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!