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**BASIC
ROOTS**

Kay Grimm

Founder

Sue Spicer

Co- Deliveries

Kay Grimm

Nutritionist

Patch

Our paid intern

**& our commu-
nity of farmers
who help to
make it all
work!**

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Basic Roots Community Foods

www.basicrootscommunityfoods.kaysue.org

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HOPPIN' JOHN WITH NEW YEAR'S

PROSPERITY "FIELD" PEAS

- FIELD PEAS IS AN OLD

TIMEY WORD FOR ANY TYPE OF BEAN WITH AN EYE THAT IS DRIED IN THE POD. SHELL-OUTS (TAYLOR HORT) REFER TO THE BEANS THAT YOU POP OUT OF THE POD. 6 WEEK CROWDERS MATURE IN 6 WEEKS & ARE SO NAMED FOR THE CROWDED PODS (LONG & CROWDED ONE), & THE FAMILIAR BLACK EYE PEAS FALL INTO THIS CATEGORY.

How to Shell: You can twist the pods to pop out the beans, or split them open between your thumb & forefinger and run your index finger down the back spine (where it splits naturally) to free them from the shells. Do it over a colander to catch the seeds & make it easier to clean them. It'll come easier after you do a few for those of you connecting to this for the first time. Fun Fun Fun! You might even be glad that this is once in a lifetime experience. Compost pods. With canned and dried beans easily available, why bother? Flavor & freshness, for one thing. Fresh beans have a nuttier, herbier taste that is amplified when they are cooked with sage, thyme and other aromatics, and have a firmer bite than dried or canned options. The other big answer you wouldn't find the heirloom beans in any store or market & missing the opportunity to try them, Well let's just say it's only four varieties out of thousands.

Eat poor that day, eat rich the rest of the year. Rice for riches and peas for peace. - Southern saying on eating a dish of Hoppin' John on New Year's Day or in our case of Basic Roots timing, thereafter .

Hoppin' John is a rich bean dish made of black-eyed peas & other shell-outs we have provided for you that are not so well-known, simmered with spicy sausages or fat pork, rice and/or tomato sauce with something always green to represent tangible prosperity-money.

HOPPIN' JOHN Original Recipe

- 1 cup of your prosperity "peas"
- 5 to 6 cups water
- 1 dried hot pepper (optional)
- 1 smoked ham hock
- Cabbage, cut up
- 1 medium onion, chopped (about 3/4 cup)
- 1 cup long-grain white rice

Wash and sort the peas. Place them in a saucepan, add the water, and discard any peas that float. Gently boil the peas with the pepper, ham hock, and onion, uncovered, until tender but not mushy — about 1 1/2 hours — or until 2 cups of liquid remain. Throw in the cut up cabbage & add the rice to the pot, cover, and simmer over low heat for about 20 minutes, never lifting the lid.

Remove from the heat and allow to steam, still covered, for another 10 minutes. Remove the cover, fluff with a fork, and serve immediately. YUM

Black Spanish Winter Radish

A root vegetable with a sooty dull black exterior that covers a white, crisp inner flesh providing a peppery hot flavor. The intensity of this radish can vary from mildly hot to sweeter & lighter in flavor than a turnip. The Black radish can be either round or elongated in shape. This radish may be cooked like a turnip, creamed and served as a side dish, sautéed and braised to be served as a vegetable dish, or added to stir fry dishes. The skin is generally removed prior to preparing. It can also be served raw to be used as hors d'oeuvres, as a complement to salads and sandwiches or diced for use in soups and stews.

FRESH & SIMPLE PROSPERITY

PEAS, Field type

Salted water
peas, shelled

DRESSING

1 tablespoon good olive oil
1 tablespoon good vinegar
Fresh herbs if desired

Bring the water to a boil while shelling the peas. Add to boiling water, cover and let cook for about 40 minutes or until done. Drain and return to the hot pot.

Meanwhile, whisk the dressing. Pour over hot drained peas and toss several times to coat and let the liquid soak in.

Cider Glazed Turnips with any other Roots

1-1/2 lb. (small) (purple-top/golden) turnips and/or winter radishes, Swedish peanut potatoes, beets, carrots, rutabagas

4 1/2-inch slices (turkey) bacon AND/OR†
1/3c to 1c (amount according to taste)
bacon crumbles AND/OR
fakkon crumbles AND/OR
textured vegetable protein AND/OR
(crisp-fried) chopped onion/scallion AND/OR
dehydrated onion
(fried ginger strips / minced fried ginger mixed in)

2 Tbs. (unsalted) butter/margarine

1 cup **apple cider**

2 tsp. granulated sugar or other natural sweetener

1 large sweet apple (Pink Lady, Braeburn, etc. -- use a tarter apple but more sugar)

If you don't mind a more savory dish, use up some of your radishes instead and adjust the sweetener further. You will probably also want to add them earlier, maybe 3 to 5 minutes into your low boil rather than 8 to 10.

spices: 2 tsp. (chopped fresh) sage, (Kosher) salt, (1/4t thyme), (1T parsley) (paprika — adjust according to strength) , pepper & chervil.

1. Wash turnips (no need to peel) and apples.
2. *Cut turnips and apples into 1-inch and 1/2-inch wedges respectively.
3. (Fry bacon, drain if necessary, and put aside.)
4. Now melt butter in that pan.
5. Once done, add: turnips, cider, sugar, and salt.
6. Add small amounts of water/broth/stock if dry.
7. Boil.
8. Reduce to around medium-high.
9. Partly cover.
10. Simmer for 8 to 10, stirring occasionally or repeating step 6.
 - a. Try to stop when turnips are *tender* but not quite *soft*
Add apples and spice.
 1. Continue to cook about 2 or 3 until fluids cook down to a thickish syrup.
 - a. Try to stop when turnips are soft, with apples tendercrisp.
 - b. Add bacon and briefly heat through. Serve on quinoa or other grain

1/4 c. butter
1/2 c. sugar
1 c. flour
1 egg
1 1/2 tsp. baking powder
1/8 tsp. salt
1/3 c. milk
1 tsp. vanilla
2 c. frozen blackberries, slightly thawed

CRUMB TOPPING:

1/2 c. sugar
1/4 c. butter
1/3 c. flour
1/2 tsp. cinnamon

Cream butter and sugar together. Add egg; beat well. Sift flour, baking powder and salt together. Add creamed mixture alternating with milk and vanilla. Pour batter into greased and floured 7" pans; cover with blackberries. Spread crumb topping over blackberries and bake at 375 degrees for 45 minutes or until done. Permission granted to serve with whipped cream.

Old Fashioned BLACKBERRY BUCKLE

VEGETARIAN HOPPIN' JOHN VERSION

- 1 cup dried Prosperity peas
- 6 garlic cloves, divided
- 1 dried hot pepper
- 1 bay leaf
- 1 cup uncooked brown rice
- 1 cup vegetable broth
- 1 tablespoon olive oil
- 1 large onion, chopped
- 14 oz can diced tomatoes & juice
- 3 celery ribs, chopped
- Your cabbage- sliced into thin ribbons
- Juice of 1 lemon
- Sea salt and fresh ground pepper to taste

Soak peas in cold water for 4 hours or overnight. Drain. In a large pot, bring 3 cups of water to boil over high heat. (Refer back to last month's instructions) Add peas, 2 whole garlic cloves, hot pepper and bay leaf. Skim off dirty foam. Reduce heat and simmer, uncovered, until peas are tender but not mush, about 1 ½ hours.

Add brown rice, broth & tomatoes to pot. Cover and simmer 20 minutes. Turn off the heat, but leave the pot on the burner.

Meanwhile, heat olive oil in a large skillet over medium-high heat. Add onion, celery and the remaining 4 garlic cloves, chopped. Sauté for about 5 minutes, stirring, until the vegetables soften. Reduce heat to medium. Add cabbage and cook until wilted, stirring occasionally, about 10 minutes. Fluff rice and beans. Remove whole garlic, dried pepper and bay leaf. Stir in lemon juice and salt and pepper. Makes 6 servings

Mashed Winter Roots are basically prepared the same way as homemade mashed potatoes. Wash, peel if needed, chunking up the roots in to similar sizes. Don't forget to throw some potatoes in the mix (they help to blend all the flavors). Bring to boil enough water to cover them & simmer till soft. Taking a potato masher, smash adding in enough butter & milk to give the desired consistency. Jazz up with your favorite melty cheese, wasabi or horseradish sauce, dash of nutmeg, whatever tastes good to you.

ROASTED ROOTS

Roots – mix and match or even try different ones than these. The more the merrier with roots:

- 2 lg quartered/sliced carrots
- 1 medium quartered turnip – or several whole small turnips
- 1 medium quartered rutabaga
- (3 or so black Spanish radishes – cut how you like, smaller cooks faster)
- Your whole Swedish Peanut Potatoes

other stuff to serve it on:

(broccoli/cauliflower/asparagus-spears) or cooked beans or cooked brown rice

“sauce”: just thoroughly coat the roots with peanut oil, salt & pepper **OR**

1/4c dry sherry/broth;

1T apple juice/cider

1T honey/brownsugar/other sweetener – more depending on current tartness of your cider

(1t Grated lemon rind – try to use organic rind if possible. Citrus fruits are sprayed a lot)

1. (Oven to 350 F – preheat optional for power-savers, but can save 10 or 15 depending on your oven.)
2. (Rinse/groom vegetables, taking care to make sure they're all chunked up about the same size.
3. Oil or butter a (2-quart) casserole
4. Put Roots in
5. Toss veggies with sauce, or premix it and just drizzle it on.

Cover and bake for 40 to 50 (– or for 60 to 65 or so if you didn't preheat J)

ROOTING OUT THE ROOTS...

These humble veggies deserve more respect. Root vegetables, like carrots, parsnips, turnips, beets and radishes, don't seem to get the respect they deserve. Not only do these humble veggies supply more nutrients than people realize they can be stored for long periods of time.

Nutritious: People often picture dark green leafy vegetables when they think of folate, but beets and parsnips are equally good sources of this B vitamin—an important player in helping to protect DNA and lower cancer risk. In addition, radishes, rutabagas and turnips are classified as cruciferous vegetables along with broccoli, cauliflower and Brussels sprouts.

This family of vegetables provides an important compound that seems to offer cancer protection by stimulating enzymes that deactivate carcinogens. Jicamas, rutabagas and celeriac (“celery root”) are all good sources of vitamin C; parsnips and rutabagas are high in potassium, which helps control blood pressure; and all these root vegetables supply dietary fiber.

Fast or slow: Slowly baking root vegetables brings out a wonderful sweet flavor. Although a bit time consuming, requiring 40 to 60 minutes in the oven, there is very little hands-on prep time, except for chopping. They also make nice additions to stews and can be added for the last 20 minutes or so of cooking time. For faster preparation, chop root vegetables in small chunks and steam or microwave for 10 to 12

minutes. These can be served on their own or added to a ready-made soup for extra nutrients. Many of these root vegetables can also be sliced or grated and added to a salad. Or simply slice them to serve with a low fat dip.

Delicious: Traditionally, many cooks serve root vegetables doused in butter or swimming in rich cream sauces. Fortunately, these vegetables also taste great when they are prepared more healthfully, for example stir-fried or baked. Simply toss with a touch of olive oil and add a fresh or dried herb of your choice (dill and thyme are favorites). A splash of orange or lemon juice or flavored vinegar adds a refreshing note when vegetable are steamed or microwaved. Another option is to play up their sweetness by roasting with some dried fruit or spooning reduced-sugar orange marmalade or other jam onto the cooked vegetables.