



JUNE 16, 2010

# Basic Roots

## *Community Foods*

<http://www.myspace.com/basicrootscommunityfoods>

### **BASIC ROOTS**

Kay Grimm  
**Founder**

Sue Spicer  
**Deliveries**

Melissa Greives  
**Dietician**

Patch O'Toole  
**Bagger**

**& our community  
of growers who  
help to make it all  
work!**

#### **In this Issue:**

- \*The goodness of  
Black Razberries
- \*Pea Mania!
- \*Sauteed Swiss  
Chard
- \*Kohlrabi & Cabbage  
Slaw
- \*Grilled Apples
- \*Spice up your  
Grilling with  
Onions & garlic

## **Black Raspberries – Absolutely Delicious**

& nutritious! Black raspberries are packed with many vitamins & minerals, but it is especially nutritious thanks to it's power-packing antioxidants! Black raspberries, and other dark pigmented fruits, are high in anthocyanins, a dietary antioxidant. Anthocyanins have been found to destroy molecules that attack cells that can cause aging, heart disease, and cancer. They also protect the immune system and help prevent inflammation in our bodies.

Research is increasingly showing that those who eat antioxidant-rich foods reap health benefits. Foods, rather than supplements, may boost antioxidant levels because foods contain an unmatched array of antioxidant substances. A supplement may contain a single type of antioxidant or even several. However, foods contain thousands of types of antioxidants, and it's not known which of these substances or if it's the combination of substances that confer the health benefits. In addition to black raspberries, several of your other berries are also rich in antioxidants: Blueberries, blackberries, raspberries, strawberries and cranberries. Enjoy a bowl of fresh berries today!



## Peas: Who knew there were so many types!?!



Included in your Basic Roots delivery are English, Sugar Snap, and Snow Pod peas. The pods of snow peas are flat and thin with the bulge of the tiny seed barely visible at prime eating stage. The bright green pods should be turgid and crisp. They contain five to seven seeds and reach a length of two to three inches. They are the staple ingredient in Chinese stir-fries.

Sugar snap peas are a cross between English and snow peas. Unlike snow peas, the peas themselves are well developed inside the thin, crisp pod. These are plump little green pods, full of flavor and, when not overcooked, snap. Like snow peas, they should be cooked quickly and served while they are still quite crisp. They can be strung and tossed raw into salads or added to cold vegetable platters.

Unlike snow or sugar snap peas, the pod of English peas is not edible. While it isn't harmful, the lining of the pod is fibrous and unappealing. Split along seam to spill out the peas. Occasionally, one or two empty pods can be added to the pot during cooking for added flavor, but they should be removed before serving the finished dish. *Fresh Green Peas and Sugar Snap Peas in Sesame Dressing Bon Appétit | July 2004*

Two kinds of just-cooked peas and an Asian dressing make one delicious salad.

Yield: Makes 6 to 8 servings

### ingredients

- 1 cup fresh shelled peas - use English peas
- Sugar snap peas, trim tips off
- 2 tablespoons unseasoned rice vinegar
- 1 tablespoon soy sauce
- 1 tablespoon oriental sesame oil
- 1 tablespoon (packed) golden brown sugar
- 1 teaspoon coarse kosher salt
- 1/2 teaspoon freshly ground black pepper

### preparation

Cook shelled peas in large saucepan of boiling salted water until almost tender, about 1 1/2 minutes. Add sugar snap peas to same pan and continue boiling 30 seconds. Drain; rinse under cold water and drain again. Transfer to large bowl.

Whisk vinegar, soy sauce, sesame oil, sugar, salt, and pepper in small bowl to blend. (Peas and dressing can be prepared 2 hours ahead. Let stand separately at room temperature.) Pour dressing over peas in large bowl; toss to coat. Season salad to taste with more salt and pepper, if desired. Serve at room temperature.



## Swiss Chard? Who's Tried It?

Swiss chard is one of several green vegetables often referred to as "greens".



It belongs to the same family as beets and spinach, and has a similar flavor: the bitterness of beet greens and the slightly salty flavor of spinach. Both the leaves and stalk of chard are edible, although the stems vary in texture with the white ones being the tenderest. Also similar to spinach, swiss chard has many nutrients that promote health and helps prevent disease: excellent source of vitamin C, vitamin K, and a rich source of minerals like copper, calcium, potassium, manganese and phosphorus.

Sautéed Swiss Chard Bon Appétit | March  
1999

**This recipe can be prepared in 45 minutes or less.**

Yield: Makes 4 servings

### ingredients

1 1/2 tablespoons butter  
1 1/2 tablespoons olive oil  
2 garlic cloves, finely chopped  
Pinch of dried crushed red pepper  
Large bunches Swiss chard, stems trimmed, leaves cut crosswise into 1/2-inch-wide strips

### preparation

Melt butter with oil in heavy large pot over medium-low heat. Add garlic and crushed red pepper. Sauté until fragrant, about 1 minute. Add chard; stir to coat. Cover; cook until tender, stirring occasionally, about 8 minutes. Season to taste with salt. Transfer to bowl and serve.



## Basic Roots *Community Foods*



### **Kohlrabi**

Kohlrabi means ‘cabbage turnip’ in German. It has a crisp, but juicy texture, and the fresh chopped bulb is great in salads and slaws. It also tastes great steamed, sautéed, or stir-fried with other vegetables. It is a good source of fiber, potassium, calcium and vitamin C.

### **Kohlrabi Slaw Recipe**

40 min | 10 min prep  
Serves 4

#### ingredients

2 small or 1 large Kohlrabi  
1 cup radish or shredded cabbage  
1/2 tablespoon of white wine vinegar  
1 teaspoon of olive oil

#### preparation

1. Peel two small kohlrabi.
2. Shred the kohlrabi and radishes. You may use a food processor for this. I hand grate using a cheese grater.
3. Mix 1 Tablespoon vinegar, 1 teaspoon sugar, and 2 tablespoons fresh chopped parsley in a glass bowl. Whisk in 2 Tablespoons olive oil.
4. Add shredded veggies and toss.
5. Chill for 30 minutes or more.

### **Grilling Season is upon us**

Spice up your grilling by adding baby garlic to your burgers, topping them with grilled candy onions, and have some grilled apples for dessert (try it, it's delicious!!).

#### Apples on the Grill

Peel and slice apples. Place on aluminum foil. Top with butter, cinnamon and a splash of liquid (juice or water). Close aluminum package. Grill until apples are soft and juicy. Serve alone or over hot cakes.