



Where The Land, Food, and People Come Together!

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Field Walk....

### Frequently Asked Tomato Questions

1. *Why do you harvest unripe tomatoes?* Because we can't harvest tomatoes everyday. If we take the tomatoes mostly red, they will ripen in a day or two. **If your tomatoes are not fully ripe, just put them in a paper bag on your counter for a day or two--they will ripen quickly!**

2. *Are my green tomatoes ripe?* Yes, those are an heirloom variety of tomato called **Green Zebra**. We enjoy growing heirlooms because of their fun colors, unique tastes, and the personalities we see in every different shape. Heirlooms are seeds that have been planted for a hundred years or more. Some of the tomatoes we are growing come from the late 1800's. **Heirloom tomato varieties are described in detail on back.**

3. *Why do heirlooms have such weird shapes, lines and scabs?* Most heirlooms are like that. Just cut off the scabs and try to slice the tomato the best you can. Heirlooms are planted year after year **not** because they produce a perfectly round, flawless tomato, but because of their color, taste, and texture.

4. *Why do some of your tomato plants look like they are dying?* Most organically-grown tomato plants get tomato blight; a soil born disease that is prevalent in all U.S. soils. The leaves on the bottom turn yellow and then brown and then shrivel, but not before a little rain splashes the disease (or human hands) onto the leaves above it. Eventually all the leaves will die and the tomatoes won't ripen. But usually not before the majority of the crop has been harvested. **Blight hasn't been such an issue this year due to heat and the dry weather. Actually, we have lots of young green plants in the ground right now, waiting for cooler temps and moisture to produce another round of tomatoes, hopefully ready for harvest in mid-to-late September.**

5. *What are roma tomatoes?* These tomatoes are oblong shaped and a little smaller than regular slicing tomatoes. They are great for sauces and canning because the tomato is more meat, less juice.

Enjoy the harvest, Amy, Segue, Diego, Helen and  
Emma

Thanks Emma for a great summer. We will miss you!



## Tips for Canning and Freezing Tomatoes

These weeks we are experiencing a bounty of tomatoes. Here's some helpful hints for preserving any extra tomatoes you don't make through in a given week.

**Canning Tomatoes:** The traditional way is to put them in glass canning jars. This is a tasty way to have tomatoes all year long. They taste great fresh out of a jar. Use a good reference like "Putting Food By" to get the scoop on how to do it right. This method is somewhat time consuming but yields the best product.

**Freezing Tomatoes:** For those who want a quicker and simpler way, just cut them in chunks, slices, quarters, (any which way really!) and put them in plastic bags and into the freezer they go. When you thaw them they can be used for cooking, but they are too mushy to be eaten fresh. The taste is great and for cooking they are ideal.

**Tomato Sauce:** Sauce now, smile later! Put your tomatoes in a big pot and add just a little bit of water (unless the tomatoes are really juicy themselves). Bring them to a boil and then turn the heat down to simmer (don't let them burn--that is the trick!). After they've cooked for many, many hours (like, all day) put the whole thing through the Foley Food Mill (to take out the skins, etc-- *You can also drop the tomatoes in boiling water for a minute before saucing them to take the skins off, if you don't have a food mill*). Don't add any onions, peppers, garlic; just tomatoes. Put this brew in yogurt containers (leave an inch of headroom) and put into freezer. You can can this as well, but make sure to follow the directions carefully! Enjoy summer 2010 in winter 2011!

### **Fresh Tomato Soup** from [Simply in Season](#)

8 medium tomatoes (peeled and seeded if desired, chopped)  
4 cloves of garlic  
3 cups chicken stock, water, or vegetable stock  
1 tsp sugar  
2 T chopped basil  
Combine tomatoes and garlic in a saucepan and cook over medium heat, stirring occasionally, until tomatoes are soft.  
Add stock (or water), sugar and basil. Bring to a boil and simmer for 5 minutes. Season with salt and pepper.

### **Chilled Tomato Soup** from [Simply in Season](#)

1 beefsteak-size tomat (peeled)  
1 cup sour cream or plain yogurt  
6 basil leaves  
salt and pepper

Puree all ingredients in a blender until smooth. Chill in refrigerator for one hour and serve!

## Heirloom Tomato Lineup

**Brandywine:** Pink beefsteak. It's difficult to verify exact origin, some experts speculate that it was first cultivated by the Amish more than a century ago. This fruit has a classic tomato taste, full-flavored with a pleasant acidity, and a floral aroma similar to roses.

**Striped German:** A pale yellow tomato with pinkish-orange blush and occasionally, green stripes. It has a low acid content that allows its sweetness to shine. The flavor boasts of melon, and the firm skin provides a nice contrast to the tender flesh when eaten raw.

**Cherokee Purple:** As the name implies, this meaty beefsteak variety has a deep purple color that tends toward brown or black. The firm, juicy, sweet-tart flesh, along with its jammy hue, often leads people to find the flavor evocative of a spicy zinfandel wine.

**Green Zebra:** At full maturity, this is a yellowish-green tomato with dark green striations. Although it is a beefsteak variety, the fruit is typically smaller, about the size of a baseball. The flavor is mildly spicy and slightly tart.

**Nebraska Wedding:** A prolific orange beefsteak, some say this creamy, meaty, gorgeous tomato was cultivated by Thomas Jefferson. It has a near perfect acid-to-sugar balance.

**Sungold:** These little prolific orange cherry tomatoes grow in pretty, long clusters. The flavor is a nice balance of citrusy tartness, with hints of grape, orange, and floral flavors and a pleasant sweetness.

**Yellow Pear:** Sometimes called Beam's yellow pear, these are firm, tart, tiny, pear-shaped tomatoes with citrus like acidity.

### **Eggplant Burgers** from [Simply in Season](#)

2 T oil  
2 tsp wine vinegar or balsamic vinegar  
1 tsp dijon mustard  
1/4 tsp salt  
1/4 tsp pepper  
Whisk these ingredients together in a small bowl.

1 eggplant: cut crosswise into 1/4 inch thick slices. Brush with oil mixture. Place on a grill over medium-high heat. Close lid and cook, turning and brushing occasionally with remaining oil mixture, until tender, 5-10 minutes. Remove from grill. (Eggplant slices may be cooked under the broiler or sauteed in a frypan until tender, 4-5 minutes per side).

8 thin slices provolone, gouda, or other cheese  
2 tomatoes (thinly sliced)  
4 large pieces roasted red peppers  
8-16 leaves fresh basil  
salt and pepper

Drizzle balsamic vinegar on inside of split rolls. Or brush the bread with olive oil, toast it on the grill and lightly rub a cut garlic clove over the toasted surface. Then, place a slice of cheese on 1 eggplant slice; top with another eggplant slice. Top with tomato, pepper, then 2-4 leaves of basil. Add salt and pepper to season. Serve immediately or wrap tightly and refrigerate several hours or overnight, allowing flavors to blend. Serves 4.