



Where The Land, Food, and People Come Together!

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July 28, 2008

Distribution Week #11

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 with a hint of 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?* All 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. **Our plants have been heavily injured by this disease due to all the rain. As a result, tomatoes this year have more cracks, more sun spots, more green shoulders because so much of the foliage has died, leaving the tomatoes unprotected. Many of these blemishes are cosmetic! Please don't discriminate against a tomato with a small crack or scar. They are still very delicious!**

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



Our Best Guess for what's in your Share:  
potatoes, carrots, tomatoes, zucchini, cucumbers, eggplant, and....

**Peppers:** all peppers start out green and then turn red, orange, yellow, etc. The longer the pepper stays on the plant, the sweeter it gets (that's why colored peppers are more expensive). The harvest starts with green peppers great for omelets, kabobs, or just plain raw!

**Red Onions:** Our red onions are from "Mars"--at least that is the variety name! We should have these for a couple weeks. Enjoy!

**(PYO--1 quart green beans, 2 pints cherry tomatoes, herbs, flowers!)**

### Coming Up!

Watermelons, hot peppers, and cilantro are on the way! The edamame soybeans need another week.

### What's For Dinner: Grilled Summer Vegetable Summer Pasta from "Asparagus to Zucchini"

1-2 zucchini  
1 eggplant  
4 tomatoes  
4 portobello mushrooms  
1 bell pepper  
olive oil spray  
3 T garlic powder  
salt and pepper to taste  
1 pound penne, cooked, rinsed and cooled  
4 oz. fresh mozzarella, sliced  
3 T toasted pine nuts  
3 T chopped fresh basil  
approximately 1 cup of your favorite vinaigrette

Heat outdoor grill. Slice zucchini and eggplant into long 1/2 inch thick planks. Cut tomatoes in half. Remove stems from mushrooms. Cut pepper into quarters; discard core and seeds. Spray veggies with light coating of oil. Sprinkle with garlic powder; season with salt and pepper. Grill until lightly charred and barely tender. Chop and place in a large bowl with pasta, cheese, nuts and basil. Toss with vinaigrette. Season with salt and pepper. Makes 6-8 servings.

## Tips for Canning & Freezing& Eating

In weeks to come, we should have a bounty of tomatoes--we hope!!! Here's some helpful hints for preserving any extra tomatoes you don't make through in a given week.

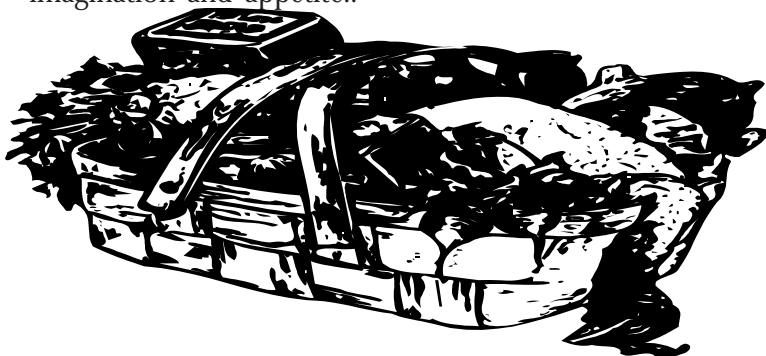
**Canning Tomatoes:** The traditional way is to put them in glass canning jars. This is a tasty way to have tomatoes all year long. They taste great fresh out of a jar. Use a good reference like "Putting Food By" to get the scoop on how to do it right. This method is somewhat time consuming but yields 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 2008 in winter 2009!

### Mark Your Calendars!!

\* **August 9, 5PM**, our tomato fest! Bring your favorite tomato dish to share along with plates, utensils and chairs. Help us decide what tomatoes to grow for next season through our tomato taste-testing and we will also briefly demonstrate how to save heirloom tomato seeds. Other fun tomato activities are encouraged--bring your imagination and appetite!!



## Heirloom Tomato Lineup

from August 2008 issue of "Cooking Light" Magazine, page 94

**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.

**Mr. Stripey:** 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.

**Persimmon:** A prolific rose-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 citruslike acidity.

