



# Winter Green Community Farm

Week of September 18th

2007

## Tomatoes

### This Week's Harvest

(Subject to variations)

*Tomatoes*

Red Onions

Carrots

Corn

Spinach

*Some Sites Only*

Eggplant

Broccoli

Cherry Tomatoes

- ❖ DO NOT refrigerate tomatoes. Place them out of the sun at room temperature. Some of our tomatoes are a day or two from being fully ripe, but will be perfect with a little patience.
- ❖ Tomatoes are delicious fresh, as well as bake, broiled, grilled or sautéed. Incorporate chunks of tomatoes into stews or soups. Use your extra tomatoes for sauce, salsa, or puree, then can or freeze to store.
- ❖ To remove tomato skins, place the whole tomato in boiling water for 30 seconds. Remove with a slotted spoon, dip in cold water, and remove skins.
- ❖ Tomatoes can be frozen whole. Core tomatoes, place on cookie sheet, & freeze. When solid, place in a freezer bag & replace in freezer. Remove as many tomatoes as needed at a time. Thawed tomatoes are good for cooking and pureed dishes. Salsas, sauces, & purees also freeze well.

### *Provencal Tomato & Cheese Tart*

#### Crust

Dough for 1 pie crust  
(use your favorite recipe)  
1 egg  
1 Tbsp water

#### Tomato Filling

8 tomatoes, stems & seeds removed, cut into 1/4" slices  
3 Tbsp olive oil  
1 1/2 Cup onions, sliced  
4 garlic cloves, minced  
6-8 anchovies, mashed to a paste  
w/a little oil from jar (opt)  
1 1/2 Cup Swiss cheese, grated  
& divided  
1 Tbsp dried oregano  
12 kalamata olives, pitted & halved, divided  
1/2 tsp black pepper

Preheat oven to 425 deg. Roll out pie crust to fit 9" pie pan. Place crust in pan & put in freezer for about 10 min. Prick the crust all over w/tines of fork. Line crust w/LG piece of aluminum foil & fill w/beans: bake for 12 min. Meanwhile, beat the egg w/1 tbsp water to make an egg glaze. Remove foil & beans from crust, brush on glaze, & return to oven for 3 more min. Cool on wire rack.

Reduce oven to 375 deg. Line baking sheet w/ayers of clean dish towels or paper towels. Arrange tomatoes in single layer on towels. Sprinkle tomatoes generously w/salt & set aside to drain for 30 min. Heat oil in LG skillet over MedHigh heat. Add onions: saute until tender & golden, about 15 min. Add garlic & cook 2 min. more. Spread anchovy paste over bottom of cooled pie crust. Sprinkle w/half the cheese. Add onion-garlic mixture in even layer. Arrange tomatoes evenly over onion-garlic mix. Sprinkle w/oregano & remainder of cheese. Add olives in an attractive pattern over cheese & sprinkle w/pepper. Bake until tart has nice golden crust, 30-35 min. Transfer pan to wire rack & let cool for 10 min. before slicing. Serve hot or at room temp.

Serves 8

from "Real Dirt on Vegetables" cookbook

### *Carrot & Tofu Scramble*

2 Tbsp oil  
1 lb. Carrots, grated  
1 lb. Tofu, extra firm, drained and crumbled  
1/3 C soy sauce  
1/3 C sesame seeds  
1 tsp dark sesame oil

In a skillet, heat oil over Med heat & cook carrots, stirring, for 15 min. Add the tofu & cook, stirring, until carrots are soft, about 5 min more. Add soy sauce & sesame seeds. Cook 1 min more. Stir in sesame oil. Serve hot.

Serves 4 from "Vegetarian Times" cookbook



## News from the Field

Hello Winter Green Farm members!

Last night's light rain brought a clean, fresh feel to the farm this morning. While we are all feeling a little sentimental about the fading summer season, fall brings it's own energy to rejoice in...cool temperatures, vibrant colors of fall foliage, and a whole new variety of vegetables to harvest and enjoy. As we say goodbye to summer squash and cucumbers, we look forward to winter squash, leeks, and parsnips. It's a never-ending cycle of deliciousness and delight!

I do have one sad tale to tell. As I had mentioned in an earlier boxnote, we have been having some trouble with deer in our Simpson Field, a field that we lease and, due to our field rotations, one that we have been growing a majority of our crops in this season.

While the deer have been nibbling regularly on our lettuce, broccoli, and carrots this season, this weekend there must have been a community potluck amongst the herd. They managed to completely devour a whole planting of romaine lettuce, what should have been in your harvest share for the next two weeks! Since we only lease the field, we are not able to erect fencing that would deter the deer from the crops, so we have no effective way of keeping them out and haven't been able to discourage them from munching.

Unfortunately, there won't be time to seed out and grow another crop of lettuce for you, so we regret that we may not be able to include lettuce in your final boxes. We appreciate your understanding and this is definitely one of those times when CSA members have the opportunity to stand behind the model of the CSA and share in the losses as well as the abundance of the harvest. We are looking forward to next season when we will be able to move most of our crops back to the farm where our fencing prevents most of the "critter pilfering".

On a brighter note, the tomatoes are still producing an abundant amount of fruit, and I would like to feature this luscious veggie this week. Tomatoes (*Lycopersicon esculentum*) are part of the Solanaceae family, and could be considered the ultimate summer vegetable. As a nation, we are known to consume over 12 million tons of tomato each year (about 18 lbs. per person). As America is home to so many different cultures and culinary traditions, the tomato's broad use is a multitude of dishes from around the world makes it a perfect fit. We find its nourishment in everything from ketchup to pasta, pizza, and salad

The first tomatoes grew wild in South America and journeyed northward as a weed in early corn plantings.

By 700 AD, the earliest cultivated tomatoes began to appear in Mesoamerica. These tomatoes were small and were served with chilies by the Aztecs in what could be called the world's first salsa. The tomato is still an important part of the Central American diet.

Cortez and his fellow explorers first introduced the tomato to Europe when they returned from the new world in the 16th century. The Mediterranean cultures gave it many names such as the "love apple" and only its resemblance to several of its poisonous cousins in the nightshade family kept it from attaining any serious popularity in the northern European diet.

Rumors of its hallucinogenic and poisonous qualities followed the tomato back to America with the early colonists. For this reason, the tomato's wide spread acceptance in the new America had to wait until the mid-1800's. As more and more Italian immigrants made their way to the US, the tomato began to pop up in gardens and restaurants throughout the land. It wasn't until the 1920's that technological advancements in the mass canning industry created the boom in American tomato production that we've all enjoyed ever since. Today we can taste the tomato in salsas that have never left this continent or in the variety of Middle-Eastern, Mediterranean and Indian dishes that reflect this vegetable's worldly travels.

As for the age-old question, "is it a fruit or a vegetable," there are several opinions on the issue. Botanically speaking, a fruit is the edible mature ovary surrounding the seeds of any flowering plant. This reason would place the tomato, along with the cucumber, squash, green bean, eggplant and many other foods that we would more often consider vegetables in the fruit category. A horticulturalist or cook would most likely abide by the seed catalogue or food pyramid distinction of the tomato as a vegetable.

It turns out that the Supreme Court has what might be the only official opinion on the matter. The Tariff Act of 1883 placed a 10% tax on all imported vegetables. One tomato buyer who stood to lose by this law decided to challenge the classification of the tomato as a vegetable. His botanical argument made it all the way to the Supreme Court where he got his firm, yet ambiguous answer. They decided that though the tomato was technically a fruit, it was considered and used by the public as a vegetable and should be considered thus legally. The tax went on and so did the debate. What do you think - fruit or vegetable?

Hope you have a great week and enjoy your veggies!  
Linda and all of the Winter Green Farm farmers