



Tomatoes

What are they?

Technically, tomatoes are a fruit, just don't put them in a fruit salad! These colorful fruits are the classic summer treat. Tomatoes come in a variety of colors, shapes, and sizes and a wonderful array of flavors.

They are a tropical plant so they only grow in our climate after all danger of frost is gone and until the first killing frost in the fall. The weather determines how long the tomato season is and how prolific the plants. We need the heat of the summer to ripen tomatoes and they do best when the rains are short and followed by sun. Some of our tomatoes are grown in the protection of our plastic covered hoop house which helps some ripen earlier and continue to produce longer than the plants out in the field.

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Storage Tips

Keep tomatoes on the counter at room temperature.

Tomatoes should not be refrigerated.

Tomatoes can be frozen either whole or cut up. Upon thawing, they will be best used in soups, stews, and sauces, rather than in salads or eaten raw.

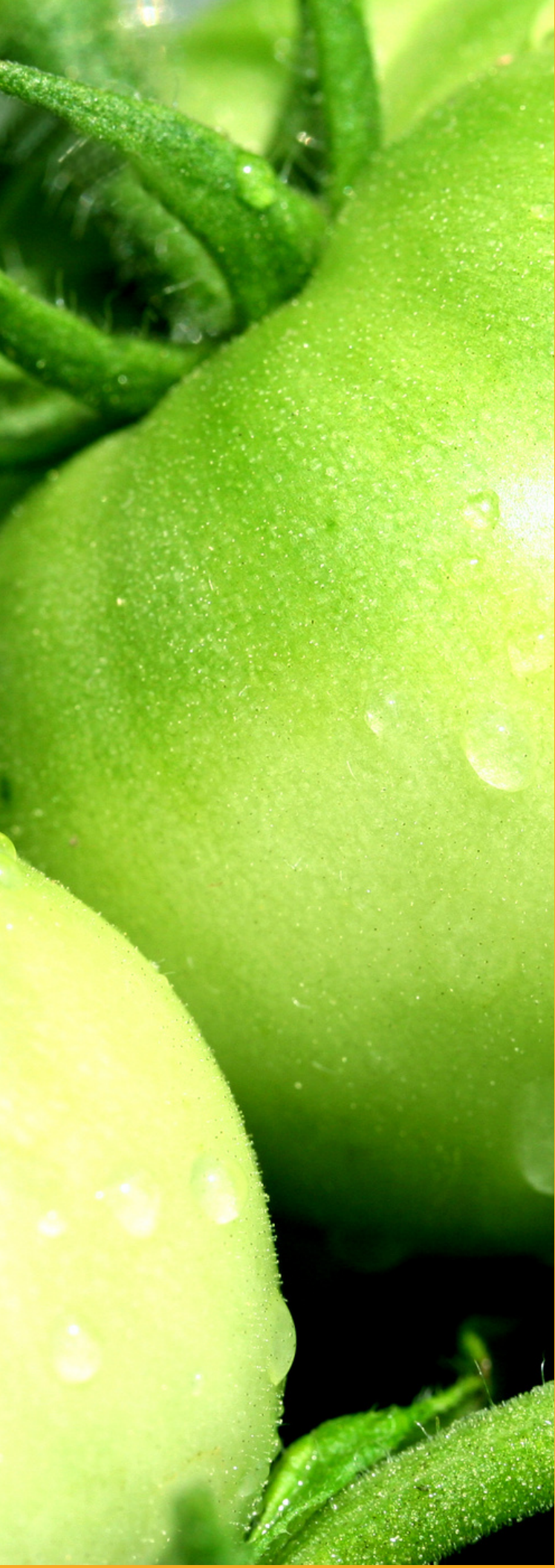
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Usage Tips

The possibilities are endless for using tomatoes. We have included more ideas and recipes in this booklet for all the different varieties of tomatoes. For starters, you can eat them raw on sandwiches or in salads, cook in stews or make sauce. We have provided some of our favorite recipes for you.

A Vegetable E-booklet





Green Tomatoes

What are they?

Green Tomatoes - Cooler weather is on its way so the red tomatoes are going to slow down their production. Green tomatoes are tomatoes in that they are picked before they are at their peak when there is not enough warm weather left for these tomatoes to have time to ripen on the vine. But that doesn't mean they are a total loss! They are tasty and nutritious just as they are, picked when green.

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Storage Tips

Green tomatoes should be left at room temperature until used.

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Usage Tips

Some cooks suggest allowing green tomatoes to ripen in a paper bag on the kitchen counter at room temperature for 7-10 days. But there are ways to enjoy the green tomatoes when they are still green. Some enjoy fried green tomatoes. Others make green tomato jam or relish.

A Vegetable E-booklet





Types of Tomatoes

Tomatoes are very versatile and you will see all kinds come through your box this season.

Red Tomatoes: You will see tomatoes that are red (and other colors) come in your boxes. They will range in size from medium to large. These are great for slicing for use on burgers or sandwiches. Also, for dicing and eating in salads.

Cherry tomatoes: Cherry tomatoes come in a variety of shapes and colors, but they will be small. These are the kind you can pop right into your mouth without having to cut them up. These are best for eating raw, grilling on skewers, or use in your fresh salads.

Roma or Paste tomatoes: This tomato is ideal for making a delicious stew, sauce, or tomato paste. Although, they are still great diced up in salads and for plain old eating raw.

Green tomatoes: Have you ever tried fried green tomatoes? You can still use green tomatoes. Try grilling, pickling, or in salsa!

RECIPES

Basic Blender Italian Tomato Sauce

INGREDIENTS

lots of tomatoes
small amount of basil and parsley,
dried or fresh
a large amount of oregano
minced garlic cloves
1 or 2 carrots, finely chopped
salt and pepper
olive oil

INSTRUCTIONS

In Italy, no one follows a recipe for tomato sauce, so use your imagination for quantities. A couple of guidelines: Do not underestimate the amount of garlic; when in doubt, put in lots. Also, carrots are often the sweetener in Italian tomato sauce.

1. Blend or process the tomatoes to an almost pureed texture.
2. Gradually add herbs, garlic, and carrots. Slowly cook the mixture in a deep skillet.
3. When sauce has reduced about halfway to the texture you want, add salt and pepper. Add several Tbsp. of olive oil before reheating for serving.

Mason Jar Caprese

INGREDIENTS

1-2 pounds mix of tomatoes (cored
and cut into thick slices
1 pint cherry tomatoes, halved
4 ounces fresh mozzarella ball,
halved and cut into thick slices
1 bunch chives, sliced
2 tablespoons olive oil
1 tablespoon balsamic vinegar
Kosher salt
Freshly ground black pepper

INSTRUCTIONS

1. Place 1-2 sliced tomatoes in bottom of quart mason jar or other container. Layer a handful of cherry tomatoes on top followed by a few slices of mozzarella. Sprinkle with a quarter of the chives. Repeat until you've used all ingredients or filled your container.
2. Drizzle with olive oil and balsamic. Cover and shake gently so that olive oil and balsamic coat tomatoes throughout.
3. Sprinkle with salt and pepper just before serving.

adapted from www.theleekandthecarrot.com

RECIPES

Tomato Basil Pasta Salad

INGREDIENTS

- 1/4+ c. extra virgin olive oil
- 2 large or 4 small tomatoes (Romas are great, but any tomato works)
- salt and pepper to taste
- 1/2 lb. fettuccine, cooked to package directions
- 1/4+ c. fresh basil, sliced thinly
- 1-2 cloves garlic, crushed
- 1-2 c. shredded mozzarella (or any white cheese)

adapted from www.kitchenstewardship.com

INSTRUCTIONS

1. Warm the olive oil over medium heat in a heavy skillet. Chop the tomatoes and add to the warm oil, reserving about 1/4 to put on the top fresh. Add salt and pepper to taste
2. Mince/crush the garlic. Add cut basil and garlic to the tomatoes. Turn off the heat.
3. Mix the pasta with the tomato mixture, Add shredded cheese immediately and stir well so that it melts. I.
4. Top with fresh tomatoes and additional fresh basil for added flavor. Sometimes an extra generous drizzle of olive oil makes it just right.

Green Tomato Salsa

INGREDIENTS

- 8 ounces green tomatoes (about 5 small)
- 1 jalapeño pepper (without seeds)
- 3 large cloves garlic
- 1 medium white onion
- 1/2 cup fresh cilantro leaves
- 1/2 teaspoon kosher salt
- 2 tablespoons lime juice

adapted from www.acouplecooks.com

INSTRUCTIONS

1. Peel the garlic. Peel and quarter the onion. Remove the seeds and ribs from the jalapeño (save the seeds for a hot salsa).
2. Place the green tomatoes, garlic, onion, and jalapeño on a baking sheet. Broil on high for 4 to 5 minutes until just beginning to blacken. Flip and rotate veggies & broil another 4 to 5 min.
3. Transfer everything to a food processor or blender, except use only 1/2 of the jalapeño. Add the cilantro, salt, and lime juice. Pulse until desired consistency is reached. Taste, and if you'd like it hotter add the other 1/2 of the jalapeño and/or some seeds.