

Small CSA Contents:

- Approximately 2.5 lbs heirloom tomatoes
- 2 lbs French Fingerling Potatoes
- 1 bunch swiss chard
- 6 ears sweet corn
- 1 head green leaf lettuce
- 2 green zucchini
- 1 cantaloupe
- 1.5 lbs mixed beans, purple and dragon tongue
- 1 dozen eggs or havarti cheese

Vegan Substitutes:

- 1 large eggplant
- 2 red peppers
- 2 lbs red plums

Large Add-Ons

- Traditional Small Bag plus the contents below
- 1 large eggplant
- 2 lbs fortune red plums
- 2 red peppers
- 2 lbs sauce tomatoes
- 1 six-inch fruit pie

Heirloom Tomatoes

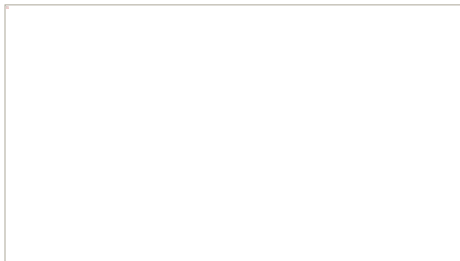
This week's feature is heirloom tomatoes. These tomatoes are considered "heirlooms" because the seeds are generally those of tomatoes grown before industrial agriculture became prevalent. These are often seeds from plants dating back hundreds of years and often back to Europe.

The reason most of these varieties of tomatoes are not grown anymore is that they are extremely difficult to pack and transport. They are not uniform in shape and are very tender.

We are delivering your tomatoes with the best care we can. You should have received your tomatoes on a firm paper plat to protect them from being crushed in the bag. We recommend that you do not refrigerate the tomatoes. Keep them in a cool, dry location until you are ready to eat them.

They will continue to ripen at room temperature. You will want to enjoy them soon. The best way is simply to cut the tomatoes, drizzle with a little olive oil, throw on a dash of salt and pepper, and serve with some fresh feta or mozzarella cheese. This simple Mediterranean dish will surely please.

Zucchini Pizza



Tired of just sauting or roasting your zucchini? Here is an interesting recipe. Simply slice the zucchinis in half. Hollow them out some with a spoon to remove the seeds. Rub with a bit of olive oil and bake at 350 for 20 to 30 minutes until it starts to get tender. Now, build a pizza to your liking on top of the zucchinis and continue to bake until they are the softness that you desire.

In the photo above, one is just tomatoe sauce, onions, and green peppers. The other has a fresh salsa on it with chopped tomatoes, hungarian hot peppers, corn, and squash....and layered in cheese.

Another variation of zucchini pizza is zucchini pasta. Slice the zucchinis into very fine strips, like spaghetti noodles. Roast them off until soft, then serve with tomatoe sauce or the toppings of your liking.

Green Tomato Bread

Last week I pulled up to meet Donna and Jerry from Lacroix Farm in Berlin. Donna is rather crafty and often makes me baskets of goodies to take home. This time...she went over the top. She gave me this small loaf of bread and said "Eat it." Anytime someone says that you know there is going to be something shocking about it.

Well the bread was amazing. Then she told me it was green tomato bread. I had never heard of such a thing, so she gave me the recipe.

About a mile down the road I had to stop and put the bread in the back of the truck because it wasn't going to make it home.

This bread resembles zucchini bread in texture and color. Below is a photo and the recipe.

Ingredients:

- 1 cup canola oil
- 3 large eggs
- 2 cups sugar or 1 cup honey
- 1 sp vanilla
- 2 cups diced green tomatoes
- 3 cups flour
- 1 / 2 tsp baking powder
- 1 / 4 tsp baking soda
- 1 cup nuts and/or raisins (optional)

Beat the eggs well. Add oil, sugar, and vanilla and tomatoes. Add the dry ingredients to mixture and blend well. Stir in nuts and raisins if desired. Pour into greased loaf-pan. Bake at 350 degrees for 40-45 minutes, depending on depth of pan.

Savory Tomato Quick Bread

Beth Davis-Noragon from the Grovewood Tavern sent me this recipe after hearing about the green tomato bread. She claims that this recipe tastes somewhat like pizza.:

- 2.5 cups flour
- 1 tsp baking powder
- 1 tsp salt
- 1 tsp garlic salt
- 1 tsp crushed oregano
- 1 tsp sugar
- 1 / 2 c shredded mozzarella
- 1 / 4 c grated Parmesan
- 1 / 3 to 2 / 3 cup milk
- 2 eggs, 1 / 4 cup oil
- 1.5 cups peeled, chopped tomatoes, reserve the liquid

Stir together flour, baking powder, salts, oregano, sugar, and cheeses. Add enough milk to drained tomato liquid to make two thirds cup. Blend liquid with eggs and oil. Stir liquid and chopped tomatoes into flour mixture until thoroughly moistened. Pour batter into greased loaf pan; bake 75 to 80 minutes at 350 degrees. If bread browns before baking time is complete, cover with a foil tent. Cool 10 minutes in pan and remove to rack. Freezes wheel.