

Fry Family Farm

CSA Newsletter

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Tomatoes Tomatoes

There is nothing quite like the flavor of a fresh, garden grown tomato. Personally, I can hardly stomach the out of season ones. Now that we are in the full swing of tomato season, the question arises of what to do with all this fruit, and how can we make it last longer into the non-tomato season. Here are some of our favorite preserving techniques:

- **Basic Canning of the tomato.** This can be done many ways and there are millions of expert canners out there. Tomatoes are so highly acidic of course they do not need to be pressure canned, and are really the easiest thing to can. Sauce, whole, peeled, unpeeled; This is the one thing you should definitely jar up for the winter.
- **Oven roasted and frozen.** A great friend of ours buys cases of tomatoes every year for this basic preserving method: Core the stem out of tomatoes, then cut in half. Place face up in a baking dish and sprinkle with olive oil, salt, pepper, basil, oregano (the herbs are up to you), and roast in a 400 degree oven, until they are wrinkly and browning on the bottoms. Place in the container of your choice (Ziploc works great), and freeze. Take them out all winter and pop into soups, sauces, pizzas.
- **Dehydrated Tomatoes.** We are all of course familiar with the "sun dried tomato". It typically goes hand in hand with a pesto dish of some sort, and has a pungent sweet flavor. Basic food dehydrators are easy to come by, and dehydrated food lasts a LONG time, and holds its flavor and nutritional content very well. Check em out for fruit of all kinds!

No Flowers???

This week we decided to give more produce instead of the usual flower bouquet. This way, you get TWO types of melons. Enjoy them while they are here, and we'll be back in action with your usual bouquets next week. Thanks and we hope this doesn't inconvenience anyone too much.

IN YOUR BOX:

Partial Share:

Lettuce
Tomatoes
Pineapple Tomatoes
Cherry Tomatoes
Slicing Cucumber
Squash Medley
Green Peppers
Colored Bells
Ancho Peppers
Cantaloupe
Onions
Purple Kale
Watermelon

Full Share:

Salad Mix
Lettuce
Tomatoes
Pineapple Tomatoes
Cherry Tomatoes
Slicing Cucumbers
Squash Medley
Colored Bell Peppers
Ancho Peppers
Green Bell Peppers
Cantaloupe
Watermelon
Onions
Purple Kale
Basil

20 Bucks a Box!!!

That's right, get your farm fresh special CSA priced tomatoes, that's 20 pounds for 20 bucks. Can and freeze to your hearts and winters contents! Call 541-535-8044 to order for pick up or delivery.

Mom's Gazpacho

Serves 8

1 egg
2 cups chopped fresh plum tomatoes
1/2 cup chopped green or yellow pepper
1 cup chopped cucumber, seeds removed
1/2 cup finely chopped red onion
2/3 cup olive oil
Juice of 1/2 lemon
2 cups beef broth (optional)
1/4 cup red wine vinegar
1/4 cup finely minced parsley
1 teaspoon dried oregano
2 tablespoons Worcestershire
Pepper, coarsely ground
2 cloves garlic, finely chopped
Salt
1 46-ounce can tomato juice
1/2 cup plain bread crumbs
Tabasco, to taste

Place egg in small pot of cold water, bring to boil, and let simmer for 10 minutes.

In a pot or large bowl, combine tomatoes, pepper, cucumber, red onion, olive oil, lemon juice, cold beef broth (optional), red wine vinegar, parsley, oregano, Worcestershire, and coarsely ground black pepper to taste. Stir.

Sprinkle garlic with a pinch of salt, and set in bowl.

When egg is finished cooking, run under cold water, remove shell, add to garlic and salt mixture, and mash together with fork. Pour tomato juice into large pot or bowl with vegetables, and add garlic, egg, and salt mixture. Add bread crumbs and stir so that they dissolve into liquid.

Taste for seasoning and add salt, pepper, and Tabasco to taste. Chill for at least 4 hours and serve. Garnish with chopped parsley, minced red onion, and chopped olives if desired.

This recipe is reprinted from epicurious.com— where it received the highest fork rating!

Roasted Peppers Stuffed with Cherry Tomatoes, Onion, and Basil

4 bell peppers
1 pint cherry tomatoes
1 medium onion
1 cup packed fresh basil leaves
3 garlic cloves
about 3 tablespoons olive oil

Preheat oven to 425°F and lightly oil a large shallow baking pan.

Halve bell peppers lengthwise and discard seeds and ribs. Arrange peppers, cut sides up, in baking pan and lightly oil cut edges and stems. Halve tomatoes and chop onion and basil. Finely chop garlic and in a bowl toss with tomatoes, onion, basil, 2 tablespoons oil, and salt and pepper to taste. Divide mixture among peppers and roast in upper third of oven until peppers are tender, about 20 minutes.

Roasted Ancho Peppers

These mildly spicy chiles have so many uses. They are excellent for making chile rellenos, chopped up with bell peppers in a stir fry, or my favorite, roasted. I like to roast them over a gas barbeque or stove top. Because they have thinner skins than the bells, don't char them quite as much, but get them pretty black. Place in paper bag to sweat for 10 minutes, then peel and de-seed. Process the remaining roasted pepper with enough olive oil to make a paste, and now you've got a spicy pepper puree for anything! Soups, dips, anything! It will store for weeks in the fridge! YUM!