

Vegetable of the Week

Tomatoes

All newsletters are available online at www.AngelicOrganics.com/NL

11th Harvest Week
Aug. 22nd - Aug. 27th, 2005

Come to our Fall Open House
Saturday, Oct. 1st, 11 am-4 pm.
See future newsletters for more details and a map.



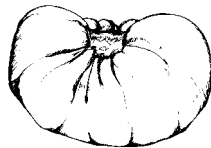
COOKING NOTES FROM LORA...

This week Bob asked, me, **Lora, the farm's resident cook**, to share with you some of my **favorite cookbooks**. While the farm easily has a cookbook collection of close to 100 stacked on a shelf of the pantry, it seems as though there are only a handful of resources that I consult on a regular basis. Sometimes recipes serve merely as an inspiration or as a springboard for another dish. You can get a sense of what vegetables are compatible with each other and which combinations may end in a bitter divorce by scanning the ingredients lists in cookbooks. I often am inspired to combine vegetables based on color. I have found that vegetables whose colors and hues are complimentary often have flavors that follow. For instance, I recently combined beets, red peppers, and tomatoes in a pureed soup garnished with creme fraiche, polenta croutons, and snips of fresh dill. It was delicious.

Look for more recommendations in future newsletters. Also, posted on our website at AngelicOrganics.com/Cook, you will find a listing of the below resources and more. Finally, please email me (Lora@AngelicOrganics.com) your favorite cooking resources (books, websites, magazines...) so that I might add them to this webpage for others to use.

The World Food Cafe, global vegetarian cooking by Chris and Cayolyn Caldicott is one of my favorite cookbooks. I have prepared at least 75% of the recipes in this cookbook and can honestly say that I haven't felt like jazzing up or modifying any of the recipes. And for someone who can't resist making almost any recipe my own with slight modifications, that's saying a lot. Chris and Cayolyn own and run the World Food Cafe in London, where they serve authentic, exciting, and delicious vegetarian food from recipes collected on their travels around the world. I can sit and page through this cookbook with its stunning photographs from rice paddies in China to markets in Oaxaca, Mexico.

Local Flavors, Cooking and Eating From America's Markets by Deborah



Heirloom Tomato

What's in Your Box

Please note: this box summary is written the week before you receive your box. Some guesswork is involved: some things may be in your box that are not listed, and some listed things may not be in the box. As always, be sure to thoroughly wash all of your vegetables.

FRUITING CROPS

- ◆Tomatoes - in a paper bag
- ◆Heirloom Tomatoes - unbagged, near the top of your box
- ◆Melon(s)-honeydew &/or watermelon
- ◆Peppers - a hot pepper or 2 likely, and sweet peppers for sure
- ◆Sweet Corn-likely, the last of this. If you happen upon any insects in your sweet corn, please forgive & discard them.
- ◆Eggplant - unlikely

HERBS

- ◆Cilantro
- ◆Lemon Balm or Anise Hyssop

ALLIUMS

- ◆Leek(s)

ROOT CROPS

- ◆Carrots - with their tops

SALAD GREENS

- ◆Lettuce - less bitter
- ◆Salad Mix-likely, in a frosted clear plastic bag; baby lettuces & mustard greens w/ arugula, osaka purple, mizuna, kale, & tatsoi.

COOKING GREENS

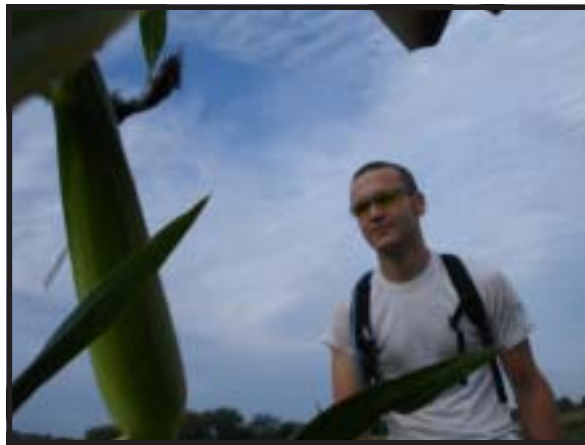
- ◆Tetragonia or Kale

THIS WEEK'S VEGETABLE NOTES

Leeks are like a mild, buttery onion. The white part is the most succulent. They're good cooked in butter, and paired with potatoes. In a summer of great abundance, our first planting of leeks didn't size up (due to the dryness, perhaps), but they're tasty nonetheless.

Look back at your Week 9 Newsletter for suggestions about cooking **tetragonia** also known as **New Zealand spinach**. One shareholder states this is her favorite crop of everything we grow-tasty, succulent, & cooks down easily.

Our **sweet peppers** are beginning to put on their late summer colors. Several of our green bell varieties (Red Knight, Lantern, & Ace) are making nice blocky red ones now. We also have a few orange bell peppers (Gourmet), brown ones (Sweet Chocolate--they do have a slight chocolate tang), purple & orange ones (Islander), & the smaller red ones (Apple and Lipstick). The long, square red ones are Italias, with a taste all their own. Each box gets a sampling of peppers every week, & hopefully you'll get to try them all.★



ANGELIC ORGANICS CREW

Featured Employee

Andrew Kreuger, from Rockford, is one of our two summer interns. His desire to learn to live a more self-sufficient life inspired him to try his hand at farming for a summer. He's learned a lot, not just about growing vegetables but also about mechanics, engines, and living in a community. He enjoys playing jazz piano, rock climbing, mountain biking, and having deep discussions. He's planning on moving to the West Coast to study computer science and ecology at Evergreen State College in Olympia, WA.★

Coming Next Week

This forecast may help you with menu planning. It's slightly more reliable than a weather report.

- | | |
|-----------------------|---------------------|
| FRUITING CROPS | ROOT CROPS |
| ◆Heirloom Toms-likely | ◆Potatoes |
| ◆Tomatoes | ◆Carrots |
| ◆Watermelon-likely | SALAD GREENS |
| ◆Peppers | ◆Lettuce |
| ◆Eggplant - maybe | ◆Salad Mix |
| ALLIUMS | HERBS |
| ◆Garlic ◆Onions | ◆Basil - maybe |
| COOKING GREENS | ◆Oregano or Thyme |
| ◆Kale or Chard | |

Angelic Cooking

Tomatoes

This was written for the 1999 season.

It's tomato season! And you, lucky shareholders, have genuine vine-ripened tomatoes to enjoy for the next few weeks. Although botanically a fruit, tomatoes were proclaimed to be a vegetable by the Supreme Court in 1893. (the result of a tariff dispute) They are usually cooked in savory dishes, but their fruit nature can be captured in sorbet, dessert toppings, or even a green tomato pie like in *Little House on the Prairie*.

We grow many types of tomatoes: 3 hybrid varieties, and 9 heirlooms. All of them are delicious, but the heirlooms come in a wide range of colors & shapes--representative of the time when each family or town had their own unique tomato strain. Hopefully you'll get to try at least one of each heirloom variety this season. (Heirlooms have smaller yields than hybrids, so you won't get as many.) The week 8 newsletter detailed the difference between heirlooms and hybrids (*available at AngelicOrganics.com/NL*).

STORAGE: Hold at room temperature for up to a week, or longer if they are still ripening. Do not refrigerate.

HANDLING: Rinse in cool water. It's recommended to remove the skin if tomatoes are going to be long-cooked. To do so, cut a small X in the bottom and drop it into a pot of boiling water. Remove in 15-30 seconds, and run under cold water while rubbing off the skins. Remove the seeds by cutting in half crosswise, then squeezing gently, cut side down, over strainer (to save the juice), or sink.

USE: Wonderful roasted, grilled, or broiled, or added raw to salads & sandwiches. They contribute to almost any vegetable-medley type dish. Ratatouille is a classic example. My family always adds a platter of fresh sliced tomatoes, sprinkled with a little salt & pepper, to summer meals. Also try broiled open-face sandwiches with fresh tomato, basil, and cheese. Yum!



Richard spreading compost on next year's lettuce field

From *Vegetarian Cooking for Everyone*

Tomatoes Provencal

- 4 med firm, ripe tomatoes
- 3-4 cloves garlic
- 1 cup parsley leaves
- 3 tablespoons basil leaves
- 3/4 cup bread crumbs
- salt & pepper
- olive oil

◇ Preheat the oven to 400° & lightly oil a gratin dish. Cut the tomatoes in half around their equators and gently remove the seeds with your fingers. Chop the garlic, parsley, & basil together, then mix with the breadcrumbs and season with salt & pepper. Lightly fill the tomatoes with this mixture, set them in the gratin dish, & drizzle olive oil over their tops. Bake for 30 min. Remove carefully from the baking dish to serve.★ serves 4

This is a classic, easy recipe. Serves 4.

Pasta Fresca

- 4 c fresh tomatoes, chopped
 - 12 large fresh basil leaves
 - 1 clove garlic, peeled & minced
 - 1 tablespoon olive oil
 - salt & pepper
 - 1 lb fusilli pasta
 - 1/2 lb mozzarella, cut in 1/2" cubes
 - Parmesan cheese
- ◇ In a food processor, combine 3 cups of the chopped tomatoes, 8 basil leaves, garlic and olive oil and process until smooth. Add salt and pepper to taste.
- ◇ Add pasta to a large pot of boiling water. Return to a boil and cook, uncovered, until al dente, about 8-10 minutes. Drain cooked pasta and, before it cools, toss with the mozzarella. Add the sauce and mix well. Top with reserved tomatoes and freshly-grated Parmesan. Garnish with basil leaves and serve immediately.★

Cooking Notes from Lora... cont. from pg 1

Madison is another great cook book. Deborah's essays about the markets she visits all over the country make you feel like you are really apart of her culinary journey. Her recipes are simple, elegant, and comforting. It will also expose you to some of the exotic vegetables that arrive in your boxes. For fruit shareholders, Madison tours the California markets and includes some exquisite fruit recipes.

Vegetarian Cooking For Everyone by Deborah Madison. I use this cookbook even more than *Local Flavors*. This cookbook has detailed information about almost all of the vegetables you receive with several recipes and multiple variations.★

Risotto is an effort, but its specialness enhances that of fresh, ripe tomatoes in season. From *All Around The World Cookbook*, serves 4.

Summer Tomato Risotto

- 1 1/4 cups arborio rice
- 1 Tbsp sweetener
- salt & pepper
- 6 cups broth
- 2 Tbs extra-virgin olive oil
- 1 c onion, coarsely chopped
- 2 Tbsps garlic, minced
- 2 lg tomatoes, peeled & chopped
- 1/4 cup fresh basil leaves, chopped

- ◇ Heat the oil in a heavy pot over low heat. Add onion & cook to wilt slightly, about 5 min, stirring occasionally. Add garlic & cook 4 min longer.
- ◇ Add tomatoes & sweetener, increase the heat to med. Cook for about 20 min, stirring occasionally, until most of the liquid has evaporated & the mixture has thickened. When the tomatoes are nearly done cooking, bring the broth to a boil in a medium-sized pan. Reduce heat to a gentle simmer. Add rice to the tomato mixture & stir well, making sure all the grains are evenly coated. Add 1/2 cup of hot broth & cook, stirring frequently, until it has been absorbed into the rice, about 3-4 min. Continue to cook & stir, adding 1/2 cup of broth at a time until it has all been absorbed.
- ◇ Remove the risotto from the heat and add salt and pepper to taste. Stir in basil and serve.★

A simple summer stew to serve with rice pilaf or bulgur. From *Vegetarian Cooking for Everyone*, serves 4.

Eggplant Stew with Tomatoes

- 1 1/2 lbs eggplant
- 6 Tbsps olive oil
- 2 tsp paprika
- 2 cloves garlic, thinly sliced
- salt & pepper
- 2 Tbsps tomato paste
- 1 lg red onion, cut in 1/2" pieces
- 1 lg bell pepper, cut in 1" pieces
- 3 med tomatoes, peeled & chopped
- 1 15-ounce can chickpeas, rinsed
- 1/4 c parsley, coarsely chopped

- ◇ Cut the eggplant lengthwise into 1/2-inch slabs, then crosswise into 1/2-inch sticks. Heat 1/4 cup oil in a wide skillet over high heat until hazy. Add the eggplant & stir to distribute the oil. Cook, turning the pieces every few minutes, until golden, about 10 min.
- ◇ Heat the remaining oil in a Dutch oven over med-high heat. Add onion, pepper, & paprika & sauté until the onion is lightly browned around the edges, adding garlic during the last few min. Stir in tomato paste, fry it for a min, then moisten with a few tbsp water & scrape up the juices from the bottom of the pan. Add the tomatoes, eggplant, chickpeas, 1 c water, 1 tsp salt, & pepper. Lower the heat & simmer, covered, for 20 min, stirring twice. Stir in the parsley & serve.★



Heirloom Tomatoes