

Week 10B
August 3 & 6, 2011

The Worm's Voice

Red Wiggler's CSA Newsletter



In your share:

Heirloom & Red
Tomatoes
Cherry Tomatoes
Potatoes
Garlic
Onions
Sweet Peppers
Hot Peppers
Carrots

In the PYO:

Anything marked
with a **red** flag is
ready to be picked!
Including:
Flowers
Mint
Nasturtiums
Oregano
Lavender
Anise Hyssop
Sage
Basil
Parsley
Parsley
Cilantro

With the beginning of August comes high season for Tomatoes! As you gather your share, you'll notice that we grow two main types of tomatoes: hybrids and heirloom varieties.

- Hybrids have a 'classic tomato' look about them, as they are generally globe shaped with smooth skin. We grow red, pink and orange hybrid varieties such as New Girl and Big Beef.
- Heirloom tomatoes come in endless sizes and varieties, and we grow seven of them. They are open pollinated varieties that are true to type- if you plant a seed from a Cherokee Purple heirloom tomato, you'll get a plant that produces more Cherokee Purple Tomatoes. The fruits may be yellow, green, orange, red, purple or multicolored. You'll learn more about the nuances of the different heirloom varieties as the season progresses, but know that they are supposed to have the gathered effect at the stem end, and that some 'seams' in the flesh are expected.

Whether you are taking home heirlooms or hybrids, here is some sound tomato advice from Alice Waters in *The Art of Simple Food*:

"Tomatoes will continue to ripen off the vine, and do so best out of direct sunlight. Don't put your tomatoes in the refrigerator; the cold really steals their flavor. Wash the tomatoes and cut out the cone at the stem end to remove the core." – Enjoy!

★ Always wash your veggies! Many are best washed just before use, but please be sure to give everything a good washing before you eat it. Thanks~

★ Have items you would like to donate to the Annual Harvest Supper & Silent Auction? Look for Liz during CSA pickup, email us at auction@redwiggler.org or check out the website!

Peeling & Seeding Tomatoes

The following is a great process to prepare your tomatoes for recipes where you'll eat fresh, diced tomatoes or for freezing the tomatoes for storage.

Bring a large pot of water to a boil and prepare an ice water bath. Cut a small "x" on the bottom of each tomato.

In batches, place the tomatoes in the boiling water and blanch them for about 30 seconds to 1 minute, or until the skins are easy to peel away.

Remove and immediately plunge into the ice bath. Peel the tomatoes and halve horizontally. Squeeze out the seeds, using your fingers to get them all. Roughly chop the peeled and seeded tomatoes. Set aside.

Grilled Pepper Salad

From Eating Well

Toss a colorful mix of grilled bell peppers with briny olives, sweet sun-dried tomatoes and balsamic vinaigrette for a lovely side dish. Or spread crostini with goat cheese and top it with this salad for an easy summer appetizer.

- 4 bell peppers, (mixed colors), halved, seeded and stemmed
- 1/4 cup halved and pitted oil-cured black olives
- 1/4 cup rinsed and chopped oil-packed sun-dried tomatoes
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon balsamic vinegar
- 1/8 teaspoon salt

Grill peppers on medium-high, turning once, until soft and charred in spots, about 5 minutes per side. When cool enough to handle, chop the peppers; toss with olives, sun-dried tomatoes, oil, vinegar and salt in a large bowl.

Fresh Tomato, Basil & Garlic over Angel Hair Pasta

2 pounds ripe tomatoes (Hybrid, Heirloom or Cherry)
3 tablespoons extra-virgin olive oil
1 red onion, finely chopped
3 garlic cloves, thinly sliced
1 tablespoon fresh thyme leaves (optional)
1 oregano sprig
Pinch chili flakes
1 teaspoon sugar
1 pound dried angel hair pasta
1/4 cup grated Parmesan, plus more for garnish
1/4 cup roughly chopped basil, plus whole sprigs for garnish

Peel and seed the tomatoes (see above) or slice cherry tomatoes in half.

Heat a large saute pan over medium high heat. Add the olive oil and heat. When the oil is hot, add the onions and garlic and saute for 2 minutes. Add the thyme leaves, oregano sprig, and chili flakes and saute until the garlic begins to turn golden brown. Add the tomatoes and the sugar and stir well. Lower the heat and cook slowly until the mixture is fairly dry, about 15 minutes.

Cook the angel hair pasta in boiling, salted water until al dente. Drain the pasta and add it to the sauce. Add the Parmesan and basil and toss well. Place in a large pasta bowl and garnish with Parmesan and basil sprigs.