

## SUMMER CSA NEWSLETTER, WEEK 2



Heirloom Tomatoes 'Brandywine' & 'Green Zebra'

Mixed Cherry Tomatoes

Potatoes 'Mountain Rose', 'Yukon Gold', & 'Purple Majesty'

Bell Peppers

Lunchbox Peppers

Blackberries 'Apache'

Purple Basil 'Red Rubin'

Melons 'Sun Jewel' or 'New Queen'

Afternoon rain showers, followed by humid evenings sitting on the back porch. These are the moments that remind me of my childhood.

This week has certainly reminded me of Southern Louisiana summers.

Driving to visit family on weekends and passing trucks full of 20 pound melons and flats of perfect tomatoes...you know it's time for the 4<sup>th</sup> and some fireworks too!

The flux of heirloom tomatoes and Asian melons will hopefully put a new twist on this summer's memories. Instead of perfectly round, red tomatoes our 'Brandywine' tomatoes are enormous and might look a little funny. But don't be fooled. They taste amazing. And, yes, they are supposed to look like that. The flavor that heirlooms bring has been passed down through generations by saving seeds from tomatoes that are open pollinated to preserve diversity. (Sorry if I sound like a textbook, I guess I'm just excited to share these with you. I've been watching these guys grow since these were in the greenhouse. And before that, planning the college they would attend. I'm a little attached.) Don't get me wrong I know the value of a good hybrid tomato but they never taste as good as the ones you know have traveled half-way around the world in someone's 1<sup>st</sup> generation immigrant, grandmother's coat pocket.

Now, heirloom seeds are not just limited to tomatoes. Any vegetable we have grown in agriculture has a history whether it came from your great-grandmother or someone else's. We try to grow as many different varieties as we can here on the farm, we grow several heirloom and open pollinated varieties, as well as

hybrids of each of our vegetables. This helps us give you the things that you like and introduce you to new ones all at once.

We like to do the same with your CSA share. This week we gave you some old standbys like the potatoes and bell peppers, but showed you some new things like the tomatoes and melons. Celebrate the old with the new this year, celebrate your heritage and ours as a whole. Have a safe and happy 4<sup>th</sup> of July!

Now for the eating:

### **Tomato Watermelon Salad**

1 pint Cherry Tomatoes or 1 Large Heirloom Tomato

1 small Watermelon

Drizzle Inglewood Pecan Oil

Drizzle Vinegar (Your Choice: Apple-cider, Dandelion, White Balsamic)

1 tablespoon Purple Basil

Salt & Pepper to Taste

Wash tomatoes and basil. Cut tomatoes in half or into small cubes. De-seed watermelon and cut into small cubes. Chop basil. Add all ingredients to a bowl, toss gently. Serve chilled or room temperature.

### **Veggie Kabobs**

4 Lunchbox Peppers

2 Bell Peppers

½ pint Cherry Tomatoes

1-2 Asian Eggplant

1/3 cup Pecan Oil

1 tablespoon Basil

Salt and Pepper to taste

Wash veggies and basil. Leave cherry tomatoes whole. Cut bell peppers and lunchbox peppers into 1 to 2 inch pieces. Slice eggplant into slices. Chop basil. Spear veggies in any combination with metal or bamboo (previously soaked in water) skewers.

Mix other ingredients in a bowl. Apply with a brush on one side. Place kabobs on the grill. Cook until veggies start to color or become tender while turning and basting with oil mixture, 10-15 minutes. Enjoy!

Add eggplant, mushrooms, pears, or pork for a variation on your kabobs!

### **Produce Storage Tips:**

Most of your summer vegetables should not be refrigerated. The flavor quality will not be as great. But remember: once harvested veggies are losing water ... and nutrients. So proper storage is your best way to preserve nutritive value.

Tomatoes: Be sure not to refrigerate your tomatoes. The flavor will not be the same if you do. So you can store them on the counter or in a paper bag. You can also can tomatoes for later use.

Blackberries: Berries should go right in the fridge. They should keep for a day or two in the fridge or you can freeze them for later use.