

# WHOLESOME HARVEST CSA



W8180 County Road C  
Fort Atkinson, WI 53538

## IT'S ALL ABOUT THE CHERRY TOMATOES

JULY 30TH/AUG. 1<sup>ST</sup> --- FULL/HALF SHARES: WEEK 7  
JULY 30TH/AUG. 1<sup>ST</sup> --- GREENS SHARES: WEEK 3

This week's newsletter is going to be all about cherry tomatoes! Although you all will most likely not receive cherry tomatoes this week, you all will in the coming weeks. So whether the information in this newsletter pertains to you this week or not, it still will be helpful for all members!! The cherry tomato crop is looking great this year and has just begun to really produce for the farm as some of you have seen in your box! We want to share and show you all some of what ours, and your, cherry tomato crop is all about!!

There are three types of cherry tomatoes growing in our high tunnel house right now. We have red (picture on page 2), orange (see below), and yellow (to the right) varieties. Though these different colored varieties do have some slight



differences in taste, their outer skin layer is what really sets them apart. The red cherry tomatoes will have a darker, richer red colored skin. The orange variety of cherry tomatoes has a softer, lighter orange skin. And the yellow cherry tomato variety has an almost see through outer skin layer. The yellow cherry tomatoes can sometimes look like they



are not ripe because you can see a greenish tone to their skin but this is because you are seeing the greenish pulp of the tomato. Both the orange and yellow varieties have this greenish pulp inside of them instead of the normal red pulp you generally see in red tomatoes.

As we mentioned above and you have experienced in your box the last couple of weeks, cherry tomatoes are one of those types of veggies that start to slowly grow and then ripen at different intervals throughout the weeks. The plants are beautifully designed this way in order that we can enjoy them for a multiple of weeks instead of just one ripe crop and then being done with them like a kohlrabi plant or onion plant for example. Now, cherry tomato plants grow upward, hence, they must be "tied." This tying is just taking the plant from a young age, at different intervals of its growth and making sure the leader vine of the plant is wrapped around a string hanging from the beams in the high tunnel. This allows the tomato plants to continuously grow upward and not crumble over. This upward growth is best seen in the picture to the right where the cherry tomatoes closer to the ground are ripening before the new growth tomatoes toward the tops of the plants.



Cherry tomatoes are a delicious and enjoyable veggie (or a fruit if you want to be proper botanically ☺) in dishes anywhere from salads to stir fries to pasta salads! They are full of many micro-nutrients that serve as anti-oxidant protectors, anti-inflammation shields, and free-radical neutralizers!! Though cherry tomatoes can be considered the little brother to normal slicing tomatoes, they still pack quite a punch!!

### BLUEBERRIES!!!

Don't forget!!! For those of you WHO ORDERED BLUEBERRIES, an email was sent out last week confirming your order. Those blueberries will be available and should be picked up this week during your normal pick up.

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## WHAT'S IN THIS WEEK'S BOX???

This is a **TENTATIVE** list of the veggies you can expect to see in your box this week. The final list will be on the homepage of our website by Tuesday.

- Basil
- Beans
- Cippollini Onion
- Cucumber
- Eggplant
- Fennel
- Red Cabbage
- Summer Squash
- Zucchini
- Tomatoes AND/OR Cherry Tomatoes

## Cherry Tomatoes

Since this week is all about cherry tomatoes, we thought it would be best to dive deep into the how-tos of cherry tomatoes!!

### How to SELECT Cherry Tomatoes

The selecting of cherry tomatoes applies mostly to us in the case of the cherry tomatoes you will be receiving this week but we thought that we would share with you what you should be looking for when you are purchasing your cherry tomatoes elsewhere too. If you are purchasing your cherry tomatoes to enjoy almost immediately, you need to look for tomatoes with a deep, rich color to them. The lighter the color, especially for red cherry tomatoes, the less ripe they are (which is not a bad thing, you would just have to wait a few days for them to ripen). The tomatoes should be firm but not overly firm, yielding to pressure slightly.

### How to STORE Cherry Tomatoes

Like most other fresh veggies, it is best to eat your cherry tomatoes as soon as you receive them. Since you will be receiving your cherry tomatoes fresh from the farm, they should be fully ripe, or very close to it, so it would be best to enjoy the cherry tomatoes in your box as soon as you can! Cherry tomatoes can last up to 10 days depending on their ripeness. Since the cherry tomatoes you will receive are ripe, that number drops slightly due to the fact that they don't need the time to ripen anymore. You want to store them in a dry place at room temperature, making sure to avoid direct sunlight.



### How to PREPARE Cherry Tomatoes

How you prepare your cherry tomatoes depends heavily on how you want to use them. However, the most basic and important step, no matter how you are going to use them, is washing them. Before using your cherry tomatoes in any dish, please make sure to wash them under cool (not to cold) running water. After washing them, cherry tomatoes can be enjoyed in many different dishes by either slicing them, removing their seeds, or even skinning, or blanching, them!



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## RECIPES III

Each week we are scavenging Facebook, Pinterest, blogs, books, and cookbooks to find some great recipes that incorporate the veggies in your box for that week! We also would love to have members share their recipes with us and all the other members!!! If you have a favorite recipe, or have found a recipe you would like to share (can include veggies from this week's box or not), please email us so we can share with all the members!

### Sauteed Cherry Tomatoes

#### Ingredients:

- 2 Tbl. Olive oil, divided
- 2 pints **cherry tomatoes**
- Salt and Pepper
- 2 Garlic cloves, minced
- 1 Tbl. **Fresh, or dried, basil** (if you have any fresh left, you can use that)

#### Method:

1. Heat 1 Tbl. olive oil in a 12-inch skillet over medium-high flame until it just starts to smoke.
2. Add tomatoes, and season with salt and pepper. Saute, shaking pan frequently, until tomatoes soften and skins just begin to wrinkle, about 2 minutes.
3. Stir in the garlic and continue to shake the pan until garlic is fragrant.
4. Off heat, stir in the basil and remaining 1 Tbl. olive oil, then serve.

This recipe's ingredients serve 8!

Found on [allrecipes.com](http://allrecipes.com)

### Olive and Tomato Salad

This is a family favorite. We tried it once and loved it!! You really have to love that mediterranean, maybe a little italian, food type as it is full of olives, green and black!! The best part, it takes less than 10 minutes to make!!

#### Ingredients:

- 2 Plum or Roma tomatoes or a handful of **Cherry Tomatoes** (we used whatever is ripe in the garden)
- ¼ cup diced mixed olives
- ¾ cup minced red onion
- 1 Tbl. Olive oil
- ½ Tbl. Balsamic vinegar
- 5 **fresh basil leaves or a pinch of dried basil** (if you have any fresh basil left)
- Sea Salt
- Black Pepper

#### Method:

1. In a salad bowl, combine the tomatoes, olives and onions.
2. Toss with the oil and vinegar (don't be afraid to add or delete some of the oils-for example, we don't like balsamic vinegar so we don't add the full ½ Tbl.).
3. Top with fresh (or dried) basil, and season to taste with the salt and pepper.

Can serve as many as you make it for ☺

Found in *Fast Metabolism Diet* by Haylie Pomroy