

# Wholesome Harvest CSA

Week 13  
September 1<sup>st</sup>/3<sup>rd</sup>

## Tomato, Tomahto

As the weather changes once again (we are back to hot), our hoophouse tomatoes are going with the flow and continue to produce. Tomatoes are one of our favorite crops to produce with all the different varieties we can grow. Last season, we added heirloom varieties to our tomato crop and currently have 4 hoophouses full of cherry tomatoes, slicing tomatoes, roma tomatoes and heirloom tomatoes.

Our heirloom tomatoes are the most unique and it is quite amazing to watch them mature because of the many different shapes, sizes and colors that are produced. Last year, we had over 10 varieties while this year we cut back slightly and have 3 heirloom varieties. Heirloom tomatoes are interesting because they are a part of history as the heirloom seed has been around for over 50 years (many are much longer) without any changes made to it. They are practically vintage food!

Our most common tomato is our good 'ol slicing tomato. In early spring, we graft these slicing tomato plants before they are planted in the hoophouse. Grafting is when we take the upper portion of one tomato variety plant and graft it to the bottom stem portion, or root section, of another variety to make the whole plant stronger. It is done by making a small slit in the stem of both portions and then sliding those slits together and putting a clip around them to hold them in place.

The tomato hoophouses are some of the most colorful places on the farm. During their peak maturity, these hoophouses can start to look like rows and rows of tunnels stretching pretty far. It takes a lot of trimming and tying to keep the tomato plants upright and in good shape but is worth it all!

## Box Description

- You will find a banana pepper in your box this week. Banana Peppers are light to dark yellow and are a sweeter variety of pepper. They are thinner and more elongated than their bell pepper sibling.
- Some of you will see a variety of cherry tomato, either orange, yellow, red or mixture, in your box while others will see the thick roma tomatoes. Remember, roma tomatoes have less juice and are great in all kinds of dishes, especially sauces.
- This week you could see a few different varieties of potatoes in your box. We have red, gold and russet varieties all mature and ready to go.
- Spaghetti squash this week! Spaghetti squash is one of our favorites around the farm. If you have never tried spaghetti squash, this is your chance so go for it! You can make something as simple as "spaghetti with butter sauce" or a more elaborate stuffed spaghetti squash recipe (see page 3). If you have young kids, show them the squash before it is cooked and then let them scoop out the "spaghetti noodles" after cooking it for a unique vegetable experience.
- A new variety of onion in your box this week will be the Tropea, or French, onion. This onion is purple in color and has a more elongated shape. These onions are very popular in restaurants because of their taste and sweetness.

This list is tentative and any updates will be finalized on the homepage of our website.

-  Banana Pepper
-  Carrots
-  Cherry Tomatoes OR Roma Tomatoes
-  Green Bell Pepper
-  Purple OR White Bell Pepper
-  Red OR Gold Cipollini Onion
-  Red OR Gold OR Russet Potatoes
-  Spaghetti Squash
-  Slicing OR Heirloom Tomatoes
-  Tropea Onion

### Greens Only Share

- Kale
- Green OR Purple Basil
- Green Leaf Lettuce

What's in the box??

**Ingredients:**

- 2 pounds Yukon Gold potatoes, peeled and quartered
- Salt and freshly ground black pepper
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons chopped parsley leaves

**Method:**

Preheat oven to 400 degrees F.

Put the potatoes on a baking sheet. Season with salt and pepper. Drizzle the olive oil and sprinkle the parsley. Toss the potatoes to coat. Roast in the oven, until golden and crispy on the outside, tender and cooked through on the inside, about 30 minutes.

Serves: 4 Total Time: 40 Min.  
Adapted from leekrecipes.org

## Marinated Heirloom Tomato Salad

**Ingredients:**

- 3 tablespoons balsamic or red wine vinegar
- 2 tablespoons extra-virgin olive oil
- 3 pounds mixed firm-ripe heirloom or other tomatoes
- 3 tablespoons chopped fresh mint leaves
- 3 tablespoons chopped fresh basil leaves
- Salt and cracked black pepper

**Method:**

In a small bowl, whisk together vinegar and oil. Rinse and core tomatoes and slice 1/3 to 1/2 inch thick. Arrange in layers in an airtight container or on a serving dish, drizzling vinegar mixture and sprinkling mint, basil, salt, and pepper evenly over each layer.

Cover and chill at least 30 minutes or up to 4 hours. Bring to room temperature before serving.

Serves: 6  
Adapted from myrecipes.com

**Ingredients:**

- 2 medium spaghetti squash
- 2 tablespoons olive oil, divided
- salt and pepper
- 1 onion, chopped
- 4 cloves garlic, chopped
- 20 oz 99% lean ground turkey breast (you can also use the 93-94% or 96% lean ground beef)
- 1/4 lb chicken or turkey sausage, sliced

- 1 lb can crushed tomatoes
- 2 teaspoons dried or finely chopped fresh oregano, divided
- 2 teaspoons dried or finely chopped fresh basil, divided
- 2 teaspoons crushed red pepper flakes, optional
- 1/2 cup part skim ricotta cheese
- 1/2 cup nonfat cottage cheese
- 1 cup shredded part skim mozzarella cheese

**Method:**

1. Preheat oven to 400. Slice spaghetti squash length wise and scrape out the seeds. Rub 1/4 tbsp olive oil into each squash half and season with salt and pepper. Place each spaghetti squash half face down in a large baking dish and bake for 40-60 min. When squash is done, middle will be tender and pull apart easily.
2. In a large pan, sautee onion and garlic in 1 tablespoon olive oil over medium heat until fragrant. Add ground turkey. Season with a generous pinch each of salt and pepper. Cook until browned. Add sausage, crushed tomato and 1 teaspoon each basil and oregano. When sauce starts to bubble, reduce heat to a simmer until thickened (about 3-4 minutes).
3. Meanwhile, combine ricotta and cottage cheese in a medium bowl. Season with 1 teaspoon each basil and oregano. Add a pinch each of salt and pepper. Lightly mix until combined.
4. When spaghetti squash is fully cooked, flip in the baking dish so that it is now skin side down. Evenly divide ricotta mixture between each squash half. Repeat with meat sauce. Top each half with 1/4 cup mozzarella cheese.
5. Turn oven to broil, and cook for another 2 minutes, until cheese is browned and bubbling. This happens very quickly—make sure to watch closely, otherwise it can burn easily. Serve immediately. Leftovers may be refrigerated in an airtight container for up to one week.

Note: The sauce is very forgiving. Add/subtract whatever spices you like to get your desired flavor. We used (pre-cooked) Turkey Sausage, but you can use whatever flavor you like.

Serves: 4-6  
Adapted from arismenu.com

# Pictures from around the Farm

*Right:*  
Recently grafted tomatoes.



*Below:*  
A yellow/orange heirloom tomato. Some of these weigh several pounds!



*Above:*  
A cluster of our red slicing tomatoes.

*Left:*  
Many of you have seen this type of heirloom tomato in your box recently. This variety is called German Johnson.

