



SUNSHINE IN A BOX



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Long Live Tomato Season

Farm Updates

More rain and thunderstorms have been good for the fall greens coming along however it has been a little tough on tomatoes. Some signs of tomato plant stress are showing up but we are still in the thick of tomato season. Despite the fall weather we are still getting lots of summer crops!

Stay tuned for more farm updates and information about the last pickup date.



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Week 14 Produce

Mint: This herb is more than just a pretty garnish for desserts—it makes a great after diner palate cleanser and can help settle a stomach after a meal. Also helps freshen breath. Mint can also be incorporated into the savory components of a meal—try a tomato mint salad or a mint pesto.

Tomatoes: Heirloom and plum tomatoes can be combined or used separately. Juicy heirlooms are ideal for sandwiches or raw eating. Plum tomatoes freeze well and are great for fresh salsa. Try combining varieties for sauces and soups to get the best of both worlds.

Onion: Blush onions have a pink hue but can be substituted for a yellow onion in any recipe.

Yellow Squash: Try your hand at zoodling—you don't even need a machine. Slice off a very small slice on one side for stability. With this flat side down, use a sharp knife to slice the squash lengthwise into strips as thin as you can get them. Doing a few stacks of strips at a time, slice again lengthwise into linguini shapes. At this point you can use the noodles raw, or you can quickly blanch them in salted boiling water, or you can sautee them. Pair with a mint pesto and chopped heirloom tomato.

Green Bell Pepper: Add to salsa or stir fry with onion and squash. Bell pepper adds distinct flavor and texture.

Kale: Kale can be added to tomato sauce or make a kale gouslash with ground beef, tomato, onion, pepper, and seasonings. Stew together with chopped kale—perfect for cold damp nights.

Beans: Purple beans will turn green with cooking—almost like a built in timer so you know when they are done.



Recipes

Fresh Salsa

1 lb plum tomatoes, diced
1 clove garlic, minced
½ medium onion, minced
½ bell pepper

¼ cup fresh chopped cilantro
1 tablespoon apple cider vinegar
Salt and pepper to taste
½ teaspoon sugar

Blister the skin of the pepper by placing under broiler or directly on the burner of a gas stove top. Once the skin is charred, rub the pepper in a dishtowel to remove skin. Remove seeds and membranes from the inside. Chop pepper and place in mixing bowl. Add minced garlic and onion, diced tomato, cilantro, cider vinegar, sugar, and salt and pepper. Taste and adjust seasonings. Salsa will store in refrigerator for up to 1 week or frozen for several months.

After Dinner Mint Tea

3 tablespoons mint leaves

1 small teapot of hot water

Use a mortar and pestle to crush the mint leaves. Place the crushed leaves in a small teapot and pour boiling water on top. Leave to steep for about 8 minutes, then strain and serve.