

Good afternoon, CSA members!

It sure has been pleasurable to farm again with the drop in temperatures. We are not sweating it out all day long and getting a good night's sleep under our blankets. Great conditions for digging POTATOES! Freshly dug yesterday, they will be in your bag today.

But, the temperature drop does mean things will slow down with our summer crops (who like it HOT). We still have tomatoes for you this week, summer squash and okra. We encourage you to purchase extra tomatoes now if you're interested in preserving them. Please email me if you're interested in purchasing a larger quantity of tomatoes.

Even though it's the middle of the summer or thoughts are already on the fall. The first planting of brassicas will go into the field this afternoon and tomorrow. We have some beautiful brussel sprout, cauliflower and cabbage plants and they will LOVE this weather.

Remember, CSA pick-up is from 2-7 PM today. If you are unable to make it at that time, but would like us to pack you a bag, please call 540-882-3885.

Thank you,
Stacey (and the PVF WEST CREW)

In The Bag
Week 9: July 30, 2013
Gearing Up for Tomato Preservation

Cilantro or Rosemary

Head Lettuce

Beans or Celery

Okra or Tomatillos

Leeks or Onions

Potatoes

Squash

Tomatoes

If you have trouble figuring out what you brought home, go ahead and refer to our [ID That Veggie](#) section of the website. We try to keep it updated with what's available to you.

Want to reference a past week's newsletter? Take a look at the [newsletter archive](#).

Potatoes are starchy tubers, in the nightshade family (along with tomatoes and

eggplant). There are about five thousand potato varieties worldwide. You'll see a handful of varieties in your bags over the course of the season. Despite their bad reputation, humans can actually survive healthily on a diet of potatoes supplemented only with milk or butter, which contain the two vitamins not provided by potatoes (vitamins A and D). A medium-size 150 g (5.3 oz) potato with the skin provides 27 mg of vitamin C (45% of the Daily Value (DV)), 620 mg of potassium (18% of DV), 0.2 mg vitamin B6 (10% of DV) and trace amounts of thiamin, riboflavin, folate, niacin, magnesium, phosphorus, iron, and zinc. The fiber content of a potato with skin (2 g) is equivalent to that of many whole grain breads, pastas, and cereals. The starch in potatoes provide bulk, offer protection against colon cancer, improve glucose tolerance and insulin sensitivity, lower plasma cholesterol and triglyceride concentrations, increase satiety, and possibly even reduce fat storage. Thank you, Wikipedia, for dispelling my potato-loving guilt!

Tomatillos look like a green cherry tomato in a paper husk. Also called a Mexican green tomato, Mexican husk tomato, Tomate Verde. You peel the parchment cover off and wash the little tomato well. Tomatillos are most often cooked in salsa. They have a lemony flavor. If you eat them raw, they are more sharply acidic. They can be stored in the refrigerator for a very long time.

You can try them chopped in salad, in gazpacho, or you can cook them into a sauce for tacos and enchiladas. Poach the peeled and washed tomatillos very briefly, then combine with chili peppers, onion, garlic, cilantro and salt.

Tomatoes

Tomatoes are finally starting to come in. It will be a couple of weeks before we have canning quantities, so it's time to start thinking about what you'd like to make. Typically folks can seconds--tomatoes with small bad spots or blemishes. We will have them for a reduced price once they're here in abundance. Seconds tomatoes do not store, so we recommend you pick them up a maximum of 1 day before you want to use them. 25 pounds of seconds tomatoes typically make about 7-8 quarts of canned whole tomatoes or sauce (that has not been greatly reduced).

My best canning resource is [Ball's Blue Book](#). I got my copy at Wegman's. You can also get most all the canning supplies you'll need at your average grocery or local hardware store. BUT, there is also the [Ball Complete Book of Home Preserving](#), [Food in Jars](#), and [Canning for a New Generation](#). Many recipes can also be found in this great, comprehensive [single post](#). Canning is not as daunting as it seems, and tomatoes are a great way to begin because of their acidity (there's a low chance for spoilage/contamination) and their versatility. Please let me know if you have any questions.

If you're not into the thought of canning, there are also tips on freezing your tomatoes, and some of these can be made and not canned, so there's still reason to peek through the recipes.

I personally like to can or freeze my tomatoes without seasoning. I don't make enough spaghetti sauce to have quart upon quart of Italian-seasoned tomatoes, but I do make chili, minestrone soup, beans and greens, pizza, etc... so I like to have my tomatoes as versatile as possible when they're preserved.

Freezing:

Freeze your tomatoes whole! <http://www.thekitchn.com/the-easiest-way-to-preserve-to-154890>

Tomato Paste: <http://www.thekitchn.com/got-tomatoes-make-tomato-paste-92856>

Slow Roasted Tomatoes: <http://kitchen-parade-veggieventure.blogspot.com/2005/09/day-156-slow-roasted-tomatoes.html>

Tomato Sauce: <http://www.kalynskitchen.com/2006/09/how-to-make-and-freeze-tomato-sauce.html>

Fresh Tomato Soup: <http://www.formerchef.com/2009/08/02/how-to-make-fresh-tomato-soup/>

Canning:

Canning101: <http://hungrytigress.com/2009/05/canning-101/>

Canned Whole Tomatoes in Water: <http://the-kitchenette.com/2010/08/20/august-can-jam-canned-whole-tomatoes/>

Crushed Tomatoes: <http://mimisbooks.blogspot.com/2010/08/canning-challenge-for-august-is.html>

Stewed Tomatoes: <http://wellpreserved.ca/2010/08/20/stewed-canned-tomatoes/>

Dilly Tomatoes: <http://simplylovinghome.blogspot.com/2010/08/august-can-jam-dilly-tomatoes.html>

Tomato Jam: <http://www.foodinjars.com/2010/09/tomato-jam/>

Ketchup: <http://www.freshpreserving.com/recipe.aspx?r=137>

Pickled Green Tomatoes: <http://foodinjars.com/2010/10/small-batch-pickled-green-tomatoes/>

Green Tomato Chutney: <http://foodinjars.com/2010/11/green-tomato-chutney/>

Yellow Tomato and Basil Jam: <http://foodinjars.com/2011/08/yellow-tomato-and-basil-jam/>