

Hi All!

Thank you for good bag returns last week! Let's keep them coming in!

Please note that the small yellow fruit in your bags is a melon. See the information below. We've had people very disappointed to realize they're not spaghetti squash.

Remember to read Farm Notes!

Here we are at the end of July already! You are beginning the second half of your Summer CSA--week 9 of 16. You'll notice your bags may look a little bit less full, but are getting heavier and heavier. The season has moved on from leaves to fruit in earnest, and we hope you're as tickled by what you see as we are! The end of July means you should all start thinking about preserving the harvest if you haven't already. Today, we're getting you ready for tomato preservation. But, there are those beets and beans and squash... all that stuff that is here in abundance right now, but will disappear before you're ready. It's time!

Happy eating!
becky

In The Bag

Week 9: July 30, 2013

Gearing Up for Tomato Preservation

Here is a list of what you may find in your bag this week. Things change from day to day, so sometimes what's on our list is not exactly what you get. Don't be alarmed!

Mini: corn, cucumbers, onions, beets without tops, potatoes, tomatoes, lettuce

Regular: corn, squash, cucumbers, onions, leeks, potatoes, Sun Jewel melon, tomatoes, lettuce

Robust: corn, squash, cucumbers, onions, beets, leeks, potatoes, Sun Jewel, cherry tomatoes, tomatoes, lettuce

Squash, tomatoes, and cherry tomatoes should go on the counter. Potatoes and garlic should go in a cool, dark place. Everything else, including those onions, should go in the fridge.

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](#).

Sun Jewel Melons are a Korean variety of squash. The oblong fruit is bright yellow on the outside, with a light yellow to white flesh inside. They are sweet and similar in flavor to a honeydew melon, but with more of a cucumber-pear flavor.

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/>