

# Four Friends' CSA News

## The Bean Pole

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2008 Season

Issue No. 29

Dear Shareholders and Friends,

This week's harvest contains: Green beans, potatoes, pak choi, peppers, Swiss chard, tomatoes, summer squash, herbs, and garlic.

Since the tomatoes are starting to come in, I thought some of you might enjoy this recipe.

### Sweet Tomato Casserole

2 lbs. of tomatoes  
A medium sized onion  
½ cup of chopped basil  
1 tablespoon of fresh oregano, or ½ tablespoon of dried oregano  
a pinch of cayenne pepper and salt to taste  
3 cloves of finely chopped garlic  
½ cup of shredded mozzarella, or other fresh, mild cheese  
¼ cup of grated Romano or parmesan cheese  
½ cup of fresh bread crumbs  
About 3 tablespoons of extra virgin olive oil

Wash and peel the tomatoes. Slice them into ½ inch slices. Halve the onions, and cut them into ½ inch pieces. Chop the garlic to a fine texture. Blend the bread crumbs, basil, oregano, salt and cayenne pepper in a mixing bowl. Lightly coat a 1 quart casserole dish with olive oil. Layer in half the tomato slices, coarsely chopped onions, garlic, bread crumb/seasoning mixture, shredded mozzarella, and grated Romano cheeses. Top with a drizzle of extra virgin olive oil. Add one more layer. Bake for 40 to 45 minutes in a 350 degree oven. When done, your casserole should be bubbling hot, and the onions should look a little brown around the edges. Let it cool a few minutes and serve.

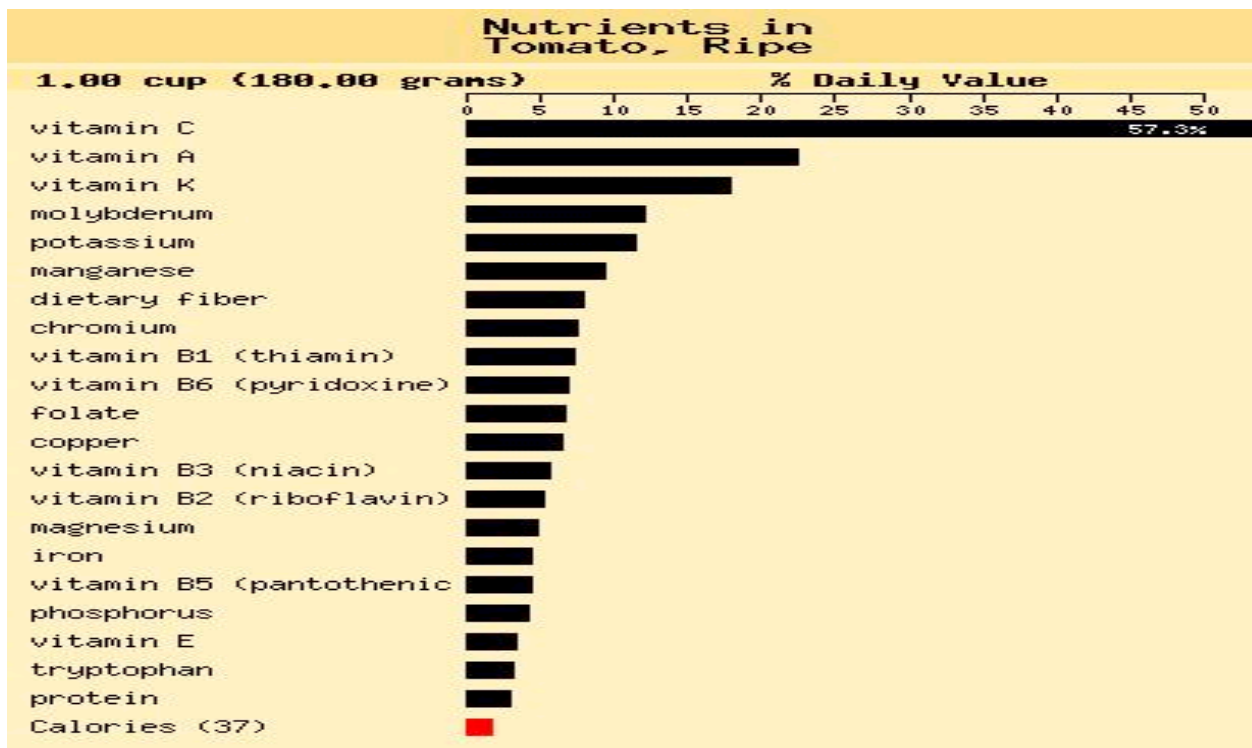
## **VEGGIE OF THE WEEK: TOMATOES**



French botanist Tournefort provided the Latin botanical name, *Lycopersicon esculentum*, to the tomato. It translates to "wolfpeach" -- peach because it was round and luscious and wolf because it was erroneously considered poisonous. The botanist mistakenly took the tomato for the wolfpeach referred to by Galen in his third century writings, ie., poison in a palatable package which was used to destroy wolves.

The English word *tomato* comes from the Spanish *tomatl*, first appearing in print in 1595. A member of the deadly nightshade family, tomatoes were erroneously thought to be poisonous (although the leaves are poisonous) by Europeans who were suspicious of their bright, shiny fruit. Native versions were small, like cherry tomatoes, and most likely yellow rather than red.

The tomato is native to western South America and Central America. In 1519, Cortez discovered tomatoes growing in Montezuma's gardens and brought seeds back to Europe where they were planted as ornamental curiosities, but not eaten.



### **A Bit about Heirloom Tomatoes**

Another way of defining heirloom cultivars is to use the definition of the word "heirloom" in its truest sense. Under this interpretation, a true heirloom is a cultivar that has been nurtured, selected, and handed down from one family member to another for many generations.

Additionally, there is another category of cultivars that could be classified as "commercial heirlooms," cultivars that were introduced many generations ago and were of such merit that they have been saved, maintained and handed down - even if the seed company has gone out of business or otherwise dropped the line. Additionally, many old commercial releases have actually been family heirlooms that a seed company obtained and introduced.

Regardless of a person's specific interpretation, most authorities agree that heirlooms, by definition, must be [open-pollinated](#). They may also be open pollinated varieties that were bred and stabilized using classic breeding practices. While there are no genetically modified tomatoes available for commercial or home use, it is generally agreed that no [genetically modified organisms](#) can be considered heirloom cultivars. Another important point of discussion is that without the ongoing growing and storage of heirloom plants, the seed companies and the government will control all seed distribution. Most, if not all, hybrid plants, if regrown, will not be the same as the original hybrid plant, thus insuring the dependency on seed distributors for future crops.

## FARM NEWS

The farmers are busy maintaining their farms, weeding and harvesting are the ongoing duties.

We have not been running the irrigation lately due to the steady rainfall. Thank goodness because the last delivery of diesel fuel cost \$1,058! Unbelievable. This fuel is used to also run the tractors.

Michele of Zephyr Farm lost about six chickens in the last two weeks. Cause of the deaths unknown.

Now, that is a beautiful rooster...



John of Big Train Farm showed Christina of Blue Skys Farm how to run the BCS (the big rototiller) with the mower attachment...In the past Christina used a weed wacker to knock down the weeds. The BCS cut this labor down by a few hours at least.

More baby barn swallows were born in the barn and John found a baby bunny in his field.

**SAVE THE DATE!!** On September 13<sup>th</sup>, SCLT will have the 5<sup>th</sup> Annual HOE DOWN. Get ready to eat more local food prepared by Johnson & Whales and dance, dance, dance! For more information, please go to the SCLT website...[www.southsideclt.org](http://www.southsideclt.org).