



September 2009

green string farm news

Farm News

In the Store

- napa cabbage
- green Swiss chard
- lacinato kale
- lettuce
- purslane
- radicchio
- spinach
- red beets
- carrots
- potatoes
- purple top turnips
- garlic
- leeks
- fresh onions
- artichokes
- cucumbers
- eggplant
- bell peppers
- jalapeño peppers
- pimento peppers
- padrón peppers
- rhubarb
- cherry tomatoes
- heirloom tomatoes
- roma tomatoes
- zucchini
- apples
- blackberries
- rough lemons
- pears
- raspberries
- fresh herbs
- basil
- ground beef
- beef cuts
- cheese
- eggs

If you've ventured into the store recently, then you may already know the biggest, most exciting bit of news on the farm: the flood of tomatoes, of course! At only two dollars per pound, Green String tomatoes are some of the best-tasting sustainably-grown specimens around. But don't let the sea of red, green, and yellow keep you from noticing the other beautiful summer produce that's available. If you've been waiting to make eggplant parmesan or some Italian caponata, your time has finally come; not only do you have beautiful Japanese eggplants to use, but also a few different varieties of peppers, onions and basil to add into your favorite summer dishes.

In other exciting news, our summer interns spent their last week scrambling to finish up their final projects and eat their fill of delicious summer fruit straight off the tree before their departure over the weekend. Just one day after they left, our new batch of interns arrived and began to settle in for their three month term. We welcome them and look forward to seeing the unique ways they make their own impressions on the farm.

Heirloom Tomatoes

The term heirloom designates a variety of fruit or vegetable that has been handed down through generations and, for various reasons including aesthetics and poor shipping ability, has not been cultivated by large-scale, commercial operations. There's no consensus on exactly how old a variety must be to be called heirloom; it ranges from 50 to 100 years, depending on who you ask. As open-pollinated varieties, heirlooms are not hybrids, so their seeds will breed "true" -- a boon to seed-savers. At Green String Farm, we always emphasize open-pollinated varieties because it allows for diversity among fruits and vegetables and produces stronger, healthier plants.

Though they are often not ideal for shipping long distances, heirloom vegetables exhibit superior flavor and come in so many beautiful shapes and colors that they have become the darlings of chefs and home gardeners alike. Tomatoes are at the pinnacle of this craze, and for good reason. There are hundreds of varieties of them, and the various colors and shapes make for startling, delicious tomato dishes. Come by the store soon to see and taste the difference between pink brandywines, Cherokee purples, oxhearts, and others.

Slow-Roasted Tomatoes

These are wonderful as a topping for pizzas and sandwiches, or tossed into pasta. You can even freeze them in a single layer on a tray and then store in ziplock bags to be defrosted and enjoyed in the winter.

Makes 2 cups

- * 2 pints cherry tomatoes
- * 2 tablespoons olive oil
- 1/2 teaspoon sugar
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- * 1 teaspoon chopped fresh thyme

1. Preheat the oven to 250°F.
2. Cut the tomatoes in half lengthwise. Toss the tomatoes in a bowl with the remaining ingredients.
3. Arrange tomatoes cut side up in a single layer on a rack sitting in a shallow roasting pan. Roast for about 2 hours, checking every 30 minutes until the edges have curled and the skin is wrinkled. The tomatoes should still be juicy in their centers. Let cool, then store in a tightly sealed container in the refrigerator.

Pappa al Pomodoro

- * 2 carrots, diced
- 2 celery stalks, diced
- * 1 onion, diced
- 1 fennel bulb, diced
- * 3 pounds of tomatoes, chopped
- 1 medium-sized loaf of stale, artisan-type bread, crust removed and cut into cubes
- * 1 bunch of fresh basil, leaves thinly sliced and stems reserved
- * 1/2 cup olive oil, plus more for drizzling
- Salt and pepper to taste

Traditionally served room temperature, with a drizzling of good extra virgin olive oil. *Serves 4-6*

1. In a large pot, heat olive oil and add vegetables, cooking over low heat until vegetables are completely tender and onions are translucent but not browned.
2. Tie basil stems together with kitchen twine and add to the pot, along with tomatoes. Bring to a simmer, add salt and pepper to taste, and cook for 20 minutes. When done, remove basil stems and push tomato mixture through a food mill.
3. Return soup to pot and add bread. Cook for an additional 10-20 minutes until thickened but some small chunks of bread still remain. Remove from heat and allow to come to room temperature. Garnish with olive oil and sliced basil leaves.

Herbed Fresh Tomatoes

- 1 tablespoon each chopped chervil, mint, basil, and parsley
- * 2-3 large variety heirloom tomatoes, any kind as long as colors are varied
- * 2-3 green zebra tomatoes
- * 1 pint sungold cherry tomatoes
- * 2-3 tablespoons olive oil
- Salt and pepper to taste

The easiest, most impressive heirloom tomato dish.

1. Cut big tomatoes and green zebras into 1/2" thick slices, along their equators and place carefully in a shallow dish or bowl. Halve cherry tomatoes and add to the other tomatoes.
2. Toss tomatoes gently with herbs and arrange on a clean plate. Drizzle herbed tomatoes with extra virgin olive oil and sprinkle with salt.