

July 19, 2007

Lone Willow Ranch

Hello,

Welcome new members! We are so happy that everyone is pleased with their boxes. A reminder; please be kind to our host houses and pick up your box on time. We don't want to cause them any inconvenience. For the new members please check out our web page for past newsletters and recipes. We do recycle our boxes.

This week's box

We have sweet corn, tomatoes, squash, beets, carrots, radish, garlic, onion, fennel, jalapeno peppers, sweet peppers, eggplants, melons and herbs. If any one is interest in getting a box of just tomatoes let me know and I will have them with your CSA delivery. They are \$40.00 for a 20LB mix or \$20.00 for a 10LB mix. We sell these to restaurants so we usually have plenty in stock and packed.
Farm report

Heirloom Tomatoes

Purple Cherokee, Arkansas Traveler, Marvel Stripe, Mortgage Lifter, Brandywine. With their evocative names and gorgeous colors, heirloom tomatoes make a theatrical entrance, stealing the summer produce scene. Their charm is truly irresistible. Just the sound of the word "heirloom" brings on a warm, snuggly, bespectacled grandmother knitting socks and baking pies kind of feeling. And just like grandmother's pie recipe, heirloom tomatoes are a part of our heritage.

To be considered an heirloom, a tomato must have been grown from seed that has produced the same variety of tomato going back several generations (at least until 1940). And then there's the sheer variety - large, small, oval, round, yellow, green, red, orange and nearly black - serving to remind us that nature still has a bit of influence in a world of uniformity and predictability. In fact, one of the factors that make an heirloom an heirloom is that it must be open pollinated in nature.

But what really sends people to the market in droves during the summer, bushel baskets in hand, is the taste of these full flavored beauties. Heirlooms stand out for their complexity and variety of flavor. Some are rich and sweet, others tart and refreshing. Some are quite juicy while others are firm and meaty. Color really does predict flavor: orange and yellow tomatoes taste sweetest because they are lowest in acid; dark red and black tomatoes

usually have a good balance between sugar and acid, while green and white tomatoes will taste more tart because of their high acid content.

Heirloom tomatoes are a joy to cook with because their very different characteristics lend themselves to a variety of preparations. Come summer, no matter how you slice them, crush them, stack them, sandwich them or toss them, you're sure to have some luscious heirloom tomato experiences.

August 11th Fig Fest

Sept. 29th Tomato's Night out

Information www.slowfoodmadera.org

Until next week,

Farmer John & Shelby www.organicheirlooms.com