



## This Week's Word From the Farm

Week of 8/24/09

### What's In Your Box ?

- Tomatoes
- Melons
- Carrots
- Potatoes
- Cucumbers
- Basil
- Peppers
- Beets
- Salad Turnips
- Summer Squash
- Eggplant
- Garlic
- Onions

This week's message is from our intern, Susanna. Susanna comes to us from Nashville, Tennessee. Before living in Nashville, Susanna attended college in Vermont where she studied issues of Environmental Science and Social Justice. She hopes to apply her experience here at the farm towards the creation of edible landscapes.

Hello!

Working at Riverhill Farm I have had the pleasure of learning about what is perhaps one of the most highly awaited crops of the season: tomatoes. Tomatoes come into their prime ripeness during the most abundant time of the season in late August. By the time the first Early Girl tomatoes come off the vine we at Riverhill have already spent months seeding, transplanting, weeding, stringing and generally caring for these plants. Now, by late August, well into the season, we are finally enjoying the fruits of our labor. I knew all that hard work was worth it the first time I picked a Sun Gold cherry tomato off the vine. That path through the cherry tomatoes from the far fields back to the farm stand is now my favorite detour on the farm. I keep telling myself all I need is to bring a saltshaker out into the field with me and then I'll really be ready to harvest tomatoes....

Tomatoes originated in South America over 6,000 years ago. The original tomatoes were small grape-like clusters, and were eaten by the Aztec Indians. Throughout its history, people have cultivated over 5,000 different varieties of tomatoes. Many of those varieties are heirlooms, which means they are older cultivars, often carrying a story about their origin and passed down from generation to generation within the same family. At Riverhill Farm we are growing over 15 varieties of tomatoes, each with its own particular characteristics. There are tomato varieties that are perfect for making sauce, such as Juliet and Principe Borghese. Other varieties, such as the San Marzano tomatoes, sun-dry well to extend the harvest into winter. And finally there are the colorful heirloom varieties we grow, such as Green Zebra and Radiator Charlie's Mortgage Lifter. The story behind the Mortgage Lifter tomato is that Charlie's radiator repair shop wasn't paying the bills during the depression, so he developed a new tomato variety that sold so well he was able to pay off his mortgage within six years! I hope you enjoy each of these tomato varieties for their own special flavor and personality as they come off the vine and into your boxes each week. I have no doubt I'll be enjoying them all season long as I harvest them for you.

# Recipes of the Week:

## Ratatouille

1 eggplant, diced into 1-inch chunks  
2 sweet peppers, cut into 1-inch squares  
3 zucchini, sliced 1/2-inch thick  
4 tomatoes, cut in 1-inch chunks  
1 large onion, chopped  
2 cloves garlic, minced  
1/4 cup dry white wine

1/2 lemon  
1/4 cup olive oil  
1 tsp. dried thyme or 1 Tbsp. fresh, chopped  
1/4 cup fresh basil, chopped or 1 tsp. dried  
2 bay leaves  
1 tsp. salt  
1 tsp. black pepper

Heat olive oil in a large pot. Sauté onions until they are translucent. Add garlic, thyme, basil, salt, pepper, and bay leaves. Cook about 2 minutes. Add tomatoes and wine. Simmer uncovered for 30 minutes, stirring occasionally. Add eggplant, zucchini and peppers. Simmer covered for about 15 minutes or until the vegetables are tender, stirring occasionally but do not break up the veggies. Chill overnight. Sprinkle with lemon juice and serve hot over white rice

## Summer Vegetable Curry

2 tablespoons olive oil  
1 cup chopped onion  
2 tablespoons minced garlic  
2 tablespoons curry powder  
2 each medium-sized zucchini and yellow squash, seeded and cut into 1/2-inch pieces  
1 1/2 pounds small red new potatoes, quartered  
6 medium-sized carrots, peeled, halved lengthwise and cut into 1-inch pieces  
4 cups vegetable broth (you may use part or all coconut milk instead of broth)  
2 tablespoons honey  
1 cinnamon stick, 2 inches long  
2 cups seeded and diced ripe tomatoes

Heat the oil in a large pot over medium heat. Add the onion and cook until wilted, 8 to 10 minutes, stirring occasionally. Add the garlic and cook, stirring, 2 to 3 minutes more. Sprinkle with curry powder and cook over medium heat, stirring constantly to mellow the flavor, 1 to 2 minutes. Add the zucchini, yellow squash, potatoes, carrots, broth, honey, and cinnamon stick. Bring to a boil, reduce to a simmer and cook, partially covered, until the vegetables are tender, about 20 minutes. Stir in the tomatoes; cook 5 minutes longer. Serve atop couscous or rice in shallow bowls. Serves 8