



Fresh Tomato Soup

THE ORGANIC BOX NEWS

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This week we remind you of some of the more fun things to do with the loads of tomatoes and zucchini you've had in your boxes over the past month. This is the high season for these items so enjoy now. We have wonderful field tomatoes from Sundance Farm in your box this week and Origino greenhouse has been providing Tomatoes on the Vine for several weeks. Put those cans back in the cupboard and try your hand as some homemade, fresh tomato soup.

There are three major varieties of Tomatoes we carry in the box – Tomato on the Vine, Field, and Beefsteak.

Tomatoes on the Vine are the typical 'slicer' hard working tomato we have enjoying in salads, sandwiches and sauces. They are harvested green and still on the vine. By being attached the vine they ripen naturally using the still-living vine to produce the ethylene needed to sweeten and turn red. When you get them from us, detach from the vine if they are ripe enough for your taste, or leave them on the vine until they are ready to eat. Leaving these tomatoes on the vine after they have ripened will accelerate their ripening and they will form pits and divots on top rather quickly.

Field Tomatoes are grown on creeping vines in open fields and ripened with the summer sun. Often they are started in cold frames but it takes direct sunlight and heat to get these ready. They are detached from the vine on the field and should be eaten right away. Our field tomatoes are usually only 2-5 days old when we get them in our warehouse and won't last as long as those on the Vines.

A **Beefsteak Tomato** is commonly mistaken as a size grade instead of a variety. Beefsteaks were first cultivated in New York and at full size can be over 1lb and kidney bean shaped. The special thing about a beefsteak is that it will continue to grow larger until harvested and can get massive if not cut. We often get beefsteaks that are much smaller than 1lb. We prefer these because the skins are stronger and they last better than their larger, more fragile brothers and sisters. Smaller ones are still delicious, juicy and tender, but travel better and provide a better return to the producer.

Zucchini Bread

- 3 eggs
- 1 cup oil
- 2 cups sugar (can substitute honey – measure to taste)
- 2 cups peeled and grated zucchini
- 3 tsp. vanilla
- 2 tsp. cinnamon
- 1/2 cup nuts (optional, walnuts are a favourite)
- 3 cups flour
- 1 tsp. baking soda
- 1 tsp. salt
- 1/4 tsp. baking powder



Directions:

Stir together eggs, oil, sugar, and zucchini. Sift together flour, soda, salt, cinnamon, and baking powder. Add to zucchini mixture. Stir in vanilla and nuts. Bake at 325 degrees for 1 hour. May need 15 minutes more. Cool completely before freezing. Makes 2 loaves. You can also add 1/2 cup cocoa and 2 cups of chocolate chips, or 2 cups of chopped pineapple to turn it into a wonderful treat.

Simple Tomato Soup

- 2 1/2 lbs ripe tomatoes (this recipe is great if you have a bunch of older tomatoes in your fridge)
- 1/8 cup olive oil (or mighty trio's fresh pressed organic canola oil – so much flavour and local too!!)
- 1/2 tsp sea salt
- 1/2 tbs dried basil
- Dollup of cream cheese

Remove the stems of the tomatoes and score the bottom of each one (or, if the tomatoes are large, cut them in quarters). Place them in an 8 x 12 x 2" baking dish. Drizzle the tomatoes with oil and roast in a 400 degree oven for 1 1/2 hours or until the tomatoes begin to darken and some of the juice has cooked down. Remove tomatoes and allow them to cool slightly before milling them (you can also puree them in a food processor, though a mill removes the skin and the seeds). Add the basil and salt, adjusting the seasonings to taste. You can also add some stock to thin the soup to your preferred consistency. Whisk in the non-dairy cream cheese, reheat and simmer for a bit to let the basil do its magic and YUM!

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