



BROWN BAG LUNCH IN THE GARDEN

July 29, 2011—Tomatoes

This Week's Recipe:

Cherry Tomatoes and Cream

~Paula Deen—Food Network

- 3 Tbl. Butter
- 3 Tbl. Brown sugar
- 1/2 tsp. salt
- 2 pints cherry tomatoes
- 1 pint heavy cream

In a heavy skillet, melt the butter with the sugar and salt. Add the tomatoes. Cook, stirring, until the tomato skins begin to split. At this point, add the cream.

Stir gently, then serve.

Harvesting & Storing

- Pick when ripe, or when beginning to ripen.
- Store on your countertop, not in the refrigerator!
- Remove stems, if possible. Store stem-end down.
- To prevent cracking, poor color development, and other issues related to heat/weather, pick the tomatoes when they first begin to turn colors.
- Options beyond canning for long-term storage:
Frozen tomatoes can make great sauces/soups
Oven-dried tomatoes can be put in the freezer for later use.

Other Points of Interest in the Garden:

- Beans are GONE! They just didn't like this summer—not even the Chinese long beans that did so well last year.
- I'm seeing some tomatoes setting on the Black Krim heirloom tomatoes, and also on the Country Taste hybrid. Interesting!
- The first butternut squash are nearly ripe
- Flowers will need fertilizer because we've been watering so heavily. Some vegetables too.

Coming Next Week— Peppers

<http://thedemogarden.org>

July 29, 2011—Tomatoes

Sauteed Cherry Tomatoes with Indian Flavors

2 Tbl. Olive oil
1 medium onions, chopped
1 tsp. curry powder
10 oz. cherry tomatoes (about 2 cups)
1/4 c. plain yogurt
1 Tbl. Minced fresh cilantro or mint leaves
Salt

Heat the oil in a skillet over medium heat until hot. Add the onion and cook, stirring occasionally, until browned lightly, about 8 minutes. Add the curry powder and cook until fragrant, about 30 seconds.

Raise the heat to medium-high and add the tomatoes. Cook just until heated through and the skins are beginning to color in spots, about 2 minutes.

Remove the pan from the heat and stir in the yogurt, cilantro, and salt to taste. Serve.

Pizza Margherita

Thin crust pizza crust
Olive Oil
2 garlic cloves, finely chopped
Fresh Basil leaves, chopped
Tomatoes, sliced thinly
Mozzarella cheese, shredded (or thin slices)
2 Tbl. Parmesan cheese
Salt and pepper, to taste
Preheat oven to 450 F.

Drizzle olive oil over pizza crust. Spread it evenly.
Sprinkle finely chopped garlic evenly.

Spread mozzarella cheese over top, in a thin layer.

Place the tomatoes across the whole pizza. Lightly salt and pepper tomatoes. Spread basil over the top.

Bake in the oven for about 10 minutes, or until cooked to your liking.

Add parmesan cheese to the top, if desired.

Cherry Tomatoes Filled with Pesto Cream Cheese

1/2 c. Basil pesto
1 (8 oz) pkg. cream cheese, cubed
4 cups cherry tomatoes, washed and dried

Combine cream cheese and pesto until smooth and creamy.

Slice off a thin piece of the rounded edge of the cherry tomato (opposite stem end). Scoop out seeds, keeping tomatoes intact.

Fill each tomato with the pesto cream cheese, using a pastry bag or a plastic bag with one corner trimmed off. Garnish with basil or chopped nuts.