



THE URBAN EDGE

ORGANIC FARM • FARM STORE
U-PICK ORCHARD

TheUrbanEdgeFarm.com

For more information on tomatoes, check out Bounty from the Box: The CSA Farm Cookbook by Mi Ae Lipe at the farm store or BountyFromTheBox.com.

***Fun Fact:** Tomatoes are a fantastic source of Vitamins C and K, potassium, and lycopene, a powerful antioxidant that's more bioavailable when cooked!*

ABOUT TOMATOES

At the Urban Edge Farm, we offer several types of tomatoes that are best enjoyed in distinct ways.

- **LARGE SLICERS:** Ideal for slicing into uniform rounds for sandwiches, burgers, and Caprese salads.
- **EARLY GIRL:** Versatile for eating fresh, making into sauces, and oven roasting or grilling.
- **ROMA (PLUM):** A smaller, oval-shaped tomato with dense, flavorful flesh that's best for making sauces, tomato paste, and soups, and for canning.
- **HEIRLOOM:** These big, squat, colorful beauties are rich in flavor and juiciness; great for eating fresh in salads and on their own with just salt and pepper.
- **CHERRY:** These sweet, bite-size little beauties are perfect for snacking, roasting, and adding to salads.

STORAGE TIPS

- If possible, always store ripe tomatoes at room temperature, stem-side down, away from direct sunlight. Try not to refrigerate them, since that makes their texture mealy and dulls their flavor.
- If your tomatoes are overripe or about to spoil, it's okay to refrigerate them to slow further ripening. But allow the chilled tomatoes to come to room temperature before eating for better flavor.
- Keep your tomatoes separated from ethylene gas-producing fruits like bananas and apples to prevent them from ripening too quickly.
- If you want to preserve tomatoes long term:
 - Process fresh tomatoes into a puree and freeze them in zipper-lock bags or freezer containers to use in making sauces, soups, and stews.
 - Cut off the stem ends of whole raw, unpeeled tomatoes. Then place the tomatoes on a cookie

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sheet, freeze, and then put the frozen tomatoes in zipper-lock bags or freezer containers. They'll keep for up to 6 months at 0°F. Their taste and texture will be altered, so they're best suited for sauces or well-cooked tomato dishes.

- Dried tomatoes are intensely flavored and versatile in the kitchen. You can dry sliced rounds or whole cherry tomatoes in the sun (make sure you have 3 to 7 continuous days of bright sun with no rain and little humidity to do this). Or use a food dehydrator (follow its user manual). Or use your oven: Preheat to 140 to 145°F, lay the tomatoes on a plastic-mesh screen or on a parchment paper-lined baking sheet. Prop open the oven door slightly, check the tomatoes regularly, and rotate the tray occasionally. Drying can take 6 to 12 hours. They are done when they're dry, leathery, and pliable but not sticky. Then store them in airtight bags or containers in a cool, dry place for up to 6 months, or refrigerated for up to 8 months.

Your dried tomatoes can be rehydrated in water, bouillon, stock, or wine for 1 to 2 hours, or tossed into soups and stews during the last 30 minutes of cooking. Or add them directly to pastas, sandwiches, sauces, and salads.

TOMATO SERVING SUGGESTIONS

- Slice heirloom tomatoes or large slicers for sandwiches or salads.
- Snack on cherry tomatoes or add them to veggie trays and kebabs.
- Cook down Romas for sauces and soups.
- Oven-roast or grill cherry or heirloom tomatoes with olive oil, garlic, and herbs for a quick, delicious side dish.
- Can or freeze Romas and Early Girls for year-round sauces.
- Dehydrate cherry tomatoes for a sweet, chewy snack.
- Use a blender or food processor to make fresh salsa or gazpacho.
- Layer thick, fresh tomato slices on pizza or in a tomato tart.

FRESH TOMATO AND BASIL SALAD

SERVES 4

2 large slicer or heirloom tomatoes, sliced
1 cup cherry tomatoes, halved
Fresh basil leaves

2 tablespoons extra-virgin olive oil
1 tablespoon balsamic vinegar
Salt and freshly ground black pepper

Arrange the tomato slices and cherry tomato halves on a large serving platter. Tear or slice the fresh basil leaves and sprinkle over the tomatoes. Drizzle with olive oil and balsamic vinegar. Season with salt and pepper to taste. Serve immediately.