

ON THE TABLE

The Official Newsletter of the Astoria CSA

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WOLF PEACHES

The first recorded European mention of tomatoes is from 16th Century Italy. You might be inclined to say “duh” except that they were more than likely brought to Spain by Cortez after his conquest of the Aztecs. It was probably the Aztecs who were the first to cultivate the yummy berries. They called them ‘xitomatl’ and ate them with peppers and salt. Not unlike the 16th Century Italians who are described as eating them with oil, salt and pepper. A treatment I can personally recommend for these Golden Earthworm beauties.

Later, Thomas Jefferson grew them for food unlike most Americans at the time, who considered them pretty but poisonous ornamentals. Of course Thomas



Jefferson had many other radical ideas as well. But really, you might wonder, what’s ornamental about all those sticks and string used to hold up the stalks of the plants? Those giant berries begging to be

picked before they fall to the ground? These days we tend to think of tomatoes as being comparable to apples or oranges in size, and other varieties as digressions from the standard. Originally however they were more like the yellow orange cherry tomatoes we’ve gotten in our boxes. These of course are much prettier on the vine and do not require sticks and string to keep them from the ground. This also explains why the Italian word for tomato (pomodoro) means golden apple. Its’ scientific name, Lycopersicon, translates as wolf peach, which also makes more sense if the fruit is yellow or orange than if it is bright red.

And fruits tomatoes are, though we treat them as vegetables. Any seed or seeds encased in flesh are considered fruit botanically. In 1893 some enterprising tomato importers pursued the case that tomatoes, as fruit, should not be subject to the new tax on imported vegetables to the Supreme Court of this land. In it’s great wisdom the court declared that even though it is technically a fruit it is prepared and served as a vegetable in meals, not as a dessert and therefore should be taxed as a vegetable. This tells us that sometime between the late 18th Century and the late 19th tomatoes went from ornamentals considered poisonous to vegetables popular enough to import.

Henceforth a few things to do with tomatoes. –G.W.

THIS WEEKS SHARE

Beets 1 bunch	Cucumbers 2 pieces
Cherry Tomatoes 1 pint	Eggplant 2 pieces
Green Bell Peppers 3 pieces	Green Beans 1/2 lb bag

Arugula 1/2 lb bag

be sure to wash! We don't wash arugula because it tends to bruise the tender leaves. It is a bit sandy from growing so close to the ground, but a quick dunk in a bowl of cold water a few times should do the trick.

Red Tomatoes 8 pieces

some of you will be receiving very ripe tomatoes, and some will receive slightly under-ripe ones. If your tomatoes are a deep red (ripe) and you won't be eating them tonight, you can put them in the fridge so they won't start rotting. We recommend bringing them back to room temperature before eating them. If your tomatoes are under-ripe, you should leave them out on the counter until the turn a deep red (but not soft!).

FRUIT SHARE

Peaches Qty: 1 bag	Banana Apples Qty: 1 bag
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For your Labor Day grilling:

GRILLED TOMATOES

Marinated in Basil Vinaigrette

From Farmer John’s Cookbook, page 232

1/4 C extra virgin olive oil

2T red wine or sherry vinegar

1T finely chopped fresh basil

3 bay leaves

2 cloves garlic, minced

1/4 t salt

6 tomatoes, halved and seeds squeezed out.

1: Preheat the broiler or grill

2: Combine the olive oil, vinegar, basil, bay leaves, garlic and salt in a medium bowl, stir.

3: For the broiler: lightly oil a baking pan or broiling pan., Place the tomato halves cut side down in the pan. For the grill, lightly oil the grill. Place the tomato halves cut side down directly on the grill.

4: Broil or grill the tomatoes until they start to char and blister (or shrivel and show good grill marks if on the grill.) about 4 minutes. Using tongs or a spatula and spoon, carefully turn them over and broil or grill them for 2 minutes more.

5: Remove the cooked tomatoes from the heat and place them cut side up in the dish with the oil and vinegar mixture. Spoon some of the mixture over them. Set aside to marinate for at least an hour, or cover and keep in the refrigerator for up to 5 days.

Serve at room temperature.

3 PICO DE GALLO RECIPES FROM MARGARET GAMEZ

- 1 pt. cherry tomatoes, quartered
 - 1 C fresh cilantro, minced
 - 1/2 sm. onion, minced
 - 2 lemons, juiced
 - 1 T olive oil
 - 4 cloves garlic, finely minced
 - 1/4 t cayenne pepper
 - 3/4 t Celtic sea salt
 - 1 1/2 t cumin, ground
 - 3/4 t coriander (cilantro), ground
 - Process all ingredients in a blender or food processor.
 - Chill for several hours before serving.
- (Of course, you can eat it right away, too.)

PICO DE GALLO 2

- 3 med. tomatoes, chopped
- 1 green onion, with stalk, chopped
- 3 jalapeno or Serrano peppers (to taste), chopped
- 1/2 bunch coriander (cilantro), chopped (@ 1/2 C) minced
- 1 med. yellow onion, chopped
- Sea salt to taste
- In a food processor, chop ingredients coarsely.

SPICY PICO DE GALLO 3

- 1/4 C green chilies, finely chopped
- 1/4 C jalapeno chilies, finely chopped
- 1/4 C tomatoes, finely chopped
- 1/4 C onion, finely chopped
- 1 t Tabasco (or to taste)
- 1 clove garlic, finely minced
- Mix all ingredients in a bowl.

FOR MORE RAW RECIPES VISIT HER BLOG AT:

<http://prettysmartrawfoodideas.wordpress.com/>

Are you interested in learning how to **make your own non-toxic cleaning products**? Sign the list at distribution this week or next so we know what kind of interest there is and we'll organize a **workshop**. Note: You are not obligated to attend by signing the sheet.

ASTORIA CSA CORE GROUP

STACEY, Top Tomato AARON, Tech Turnip
LIISA, Event Escarole KARA & KRISTY, Financial Fennel
SANDY & LIZ, Distribution Corianders
GRETCHEN, News nettle WENDY, Outreach Oregano

HAVE SOMETHING TO SAY? CONTACT US AT:
newsletter@astoriacsa.com

Confluence Theatre Company presents

THE (re)CYCLE PLAYS

A FREE Community Eco-Festival

September 15; 1pm - 6pm

Ⓢ Socrates Sculpture Park



In researching the history of the tomato I stumbled upon a very interesting website about the preservation of our global food and farm heritage. From their website:

The FOOD Museum, a non profit 501c3, has long been dedicated to explaining the history and social influence of food. Now we have created **The Global Food Heritage Project** to honor not only the foods that sustain us, but also the ancestors who nurtured, domesticated, developed, grew, transported, processed and cooked these foods. The project explores the places where food history has been made, and spotlights the people who continue to preserve these traditions today.

The project's mission is to identify and help preserve the following entities:

---**food-related museums and eco-parks**. These range from major institutions dedicated to food, such as France's Agropolis Museum, Switzerland's Alimentarium and California's Copia: Art of Food and Wine to individual or corporate efforts at highlighting a single food, region or industry: for example, Museo dell'Olivo, Imperia, Italy, Musee de la Peche, Concarneau, France, and The American Diner Museum, Providence, Rhode Island.

Closely akin to these museums are temporary food-themed expositions, exhibitions and festivals.

--**areas where various foods originated and were first domesticated;**

--**historic farms/ranches, markets, food processing centers/factories, restaurants and hotels;**

-- **places associated with the origin of a noteworthy recipe or food product, with influential chefs, or food industry innovators.**

In keeping with the ongoing concerns of The FOOD Museum to **raise awareness of pressing food-related issues** the Global Food Heritage Project will seek out food heritage-minded humanitarian efforts such as

--**seed saver and animal breed preservation groups;**

--**food banks and famine relief efforts.**

Background on why the need for a preservation organization for global food heritage.

Organizations dedicated to the preservation of historic buildings, natural wonders, and other landmark sites are well known. UNESCO, for example, undertakes to designate and protect entire historic cities, industrial sites, and so on. The National Trust for Historic Preservation attempts to save landmark buildings and neighborhoods. The Nature Conservancy, the National Parks Department and other groups in the USA are dedicated to preserving natural spaces. As far as we know there are no organizations dedicated specifically to food heritage sites and food-related organizations.

The Global Food Heritage Network plans to connect food heritage sites, museums and organizations. The network will serve to strengthen and promote cooperation among existing sites and bring to life others.

<http://www.foodmuseum.com/>