

Upcoming Events

CALEDON EAT LOCAL MONTH, all of September.

For a listing of Eat Local Month events, including local dinner events, speakers series, wine tastings, a cooking class and more, visit:

www.eatlocalcaledon.org

Tomato Festival at the Inglewood Farmers' Market, Wed. Sept. 17th, 4-7pm. Come out to taste numerous varieties of locally grown tomatoes!

Green Tea Event – Eating Local Wed., Sept. 17th, 7pm (6:30 to network) at the Palgrave United Church, 34 Pine Ave., Palgrave. A discussion on local food with local guest speakers. Email patti@pattifoley.com to register for the event.

Caledon Day, Sat. Oct. 4th, Caledon East. For more info visit www.town.caledon.on.ca/caledonday/

Belfountain Salamander Festival, Sat. Oct. 4th. For more info visit www.belfountain.ca/salamander/

Tomato Quick Facts

- A tomato is botanically a fruit, and more specifically, a giant berry.
- It was reclassified as a vegetable in 1883 when the American Congress imposed a 10% tax on all imported vegetables. The justification was that it was served as part of the main meal, not as dessert.
- The wild tomato likely originated in Peru, and made its way to Central America where it is believed to have first been domesticated. It had arrived in Europe by the 16th century, presumably via the explorer Cortez and it soon began being cultivated in Spain, Italy and France.
- The tomato plant is part of the nightshade family and Old German folklore claims that witches used plants from the nightshade family to attract werewolves in a practice called lycanthropy. The German name for tomato translates to “wolf peach” and when Carl Linnaeus developed a system for naming plants in the 18th century, he chose to name the tomato *Lycopersicon esculentum*, which literally means “edible wolf peach”.
- Lycopene, the major carotenoid contained in tomatoes, is touted as a potent anti-oxidant. Lycopene is best absorbed by the body if tomatoes are cooked and served with some dietary fat, such as olive oil. Vine ripened tomatoes have more lycopene than those that ripen after they are picked.

Source: Foodlink Local Harvest, www.foodlink.ca

Seed Saving 101 - Tomatoes

So now that you have tasted delicious heritage or heirloom tomatoes and other vegetables, you may be ready for the next step – growing them. Seeds of Diversity Canada (Canada's heritage seed program for gardeners - <http://www.seeds.ca/>) works with community groups across Canada to support a spring event called Seedy Saturday where you can find a variety of heritage seeds. But if you really want to have the tomato you loved this summer, save the seed for next year.

While seed saving may seem daunting at first, think about pioneers who used to bank their entire food supply on saving seeds. It isn't rocket science, but you need to follow some basic steps. Tomato seeds are harder to save than some other seeds like peas or beans, which you can just leave to dry out. One of the experts on tomatoes is the Heirloom Tomato Gardens and Festival at the Jackson-Kendall Wine Centre in Santa Rosa (Sonoma County) California. The following is an adaptation of tomato seed saving steps from their *Heirloom Tomato Cookbook*.

1. Select largest and ripest tomatoes from the healthiest plant - slice open fruit and scoop out seeds. Each variety has a slightly different genetic code, so try to pick the same variety of tomatoes from three or more plants.
2. Place seeds in their gel sac into a glass jar or container half filled with water labeled with variety's name. Any floating seeds are not viable and should be skimmed off. The seeds must go through a fermentation process to destroy seed-borne diseases. Let the containers sit, uncovered at room temperature until the surface is partially covered with white mold – about 3-5 days depending on the temperature (Warning – Stink Alert!!). Scrape off mould and discard, making sure not to remove any of the seeds.
3. Refill the container with clean water and stir. Pour off any floating pulp and floating seeds, again making sure not to discard bottom seeds. Repeat the process until only the seeds remain in the water. In a fine-mesh sieve, drain the seeds thoroughly using a paper towel to wipe the bottom of the sieve dry.
4. Turn the seeds out onto a labeled ceramic, glass or metal dish, but not paper. Dry the seeds in a warm place out of direct sun, but never at temperature above 96F, as the seeds will die. When the seeds are thoroughly dry, store them in glass jars, well labeled with the source of the plant, name of the variety, date and location of seeds collected.

Caledon Countryside Alliance Sustainable Caledon



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Carrot Cache

<http://www.carrot.com/carrotcache/index.htm>

Recipes – Sweet Corn**Fresh Tomato and Zucchini Tart***Source: Foodland Ontario*Prep Time: 20 minutes Baking Time: 25 minutes
Cooking Time: 5 minutes Servings: 8

1-1/3 cups all-purpose flour
1 tsp salt
2/3 cup cold butter, cut in pieces
1 tbsp olive oil
1 medium Ontario Zucchini, diced (about 2 cups)
2 cloves Ontario Garlic, minced
Salt and pepper to taste
1/4 cup each chopped black olives and fresh basil
1/2 cup grated Parmesan cheese
2 thinly sliced Ontario Tomatoes

In large bowl, mix flour with salt until blended; cut in butter until it resembles coarse crumbs. Gather into rough ball. Press dough onto bottom and up side of 9-inch (23 cm) fluted tart pan with removable bottom. Prick all over with fork. Freeze 5 minutes. Bake in 350°F (180°C) oven for 25 to 30 minutes or until crust is golden brown. Cool completely on rack.

In frying pan, heat oil over medium-high heat. Add zucchini, garlic, salt and pepper; cook, stirring occasionally, until zucchini is tender. Cool to room temperature. In small bowl, mix olives with basil; scatter over crust. Top with zucchini and Parmesan. Arrange tomatoes in circular pattern, overlapping slightly. Serve immediately at room temperature.

Fried Green Tomatoes

Prep Time: 5 minutes Cook Time: 6 minutes

4 to 6 green tomatoes
salt and pepper
cornmeal
bacon grease or vegetable oil

Slice the tomatoes into 1/4 - 1/2-inch slices. Salt and pepper them to taste. Dip in meal and fry in hot grease or oil about 3 minutes or until golden on bottom. Gently turn and fry the other side.

Baked Green Tomatoes

Prep Time: 5 minutes Cook Time: 35 minutes Servings: 6

4 large firm green tomatoes
salt and pepper
1/2 cup brown sugar
3/4 cup coarse buttery cracker crumbs
4 tablespoons butter

Cut green tomatoes in 1/2 inch slices; arrange green tomato slices in a greased baking dish. Season sliced green tomatoes with salt and pepper and spread each with about 1/2 tablespoon brown sugar. Cover sliced green tomatoes with crumbs and dot with butter. Bake at 350° until green tomatoes are tender but still firm, or about 25 to 35 minutes.

Tomato Tortilla Appetizer Wedges*Source: Foodland Ontario*Preparation Time: 5 minutes Cooking Time: 7 minutes
Servings: 4

4 large flour tortillas
5 oz Ontario Chèvre (goat cheese)
3 ripe medium Ontario Tomatoes
1/4 cup pickled hot pepper rings (optional)
Freshly ground black pepper
Snipped fresh herbs (basil, oregano, thyme or parsley)

Pierce tortillas in several places with small sharp knife. Grill over medium heat on preheated barbecue until crisp and golden brown on both sides, 4 to 5 minutes.

Meanwhile, soften chèvre, if necessary, in microwave for 30 seconds on medium-low (30%) until it reaches spreading consistency. Halve, then thinly slice tomatoes.

Remove tortillas from heat. Spread evenly with chèvre; arrange tomatoes and hot pepper rings, (if using), over tortillas. Season to taste with pepper and herbs. Return tortillas to grill; close lid and cook briefly until heated through, 1 to 2 minutes. To serve, cut into wedges with kitchen scissors.

Tomato and Fish Gazpacho Salad*Source: Foodland Ontario*Preparation Time: 20 minutes Chilling Time: About 10 minutes
(fish fillets) Servings: 6

2 Ontario Rainbow Trout Fillets (about 1/2 lb / 25 g)
1 tbsp each lime and lemon juice
3 large Ontario Field Tomatoes
3/4 cup chopped Ontario Field Cucumber
1/4 cup each chopped red pepper and green pepper
2 tbsp finely minced Ontario Onion
1 small Ontario Garlic clove, minced
3 tbsp olive oil
2 tbsp red wine vinegar
1 tbsp chopped fresh basil leaves
1 tbsp finely chopped hot green or red pepper
salt and pepper
Ontario Lettuce leaves

Place fish fillets in skillet large enough to hold them in single layer. Sprinkle with lime and lemon juice. Cook, covered, over medium heat for 5 minutes or until fish flakes easily with a fork. Drain; reserve liquid. Cool fish.

Peel and chop tomatoes. Combine tomatoes, cucumber, red and green pepper, onion and garlic.

Stir together olive oil, vinegar, reserved liquid from fish, basil, hot pepper, salt and pepper. Pour over tomato mixture. Stir gently to combine.

Remove skin from fish. Chop fish in bite-size pieces. Combine gently with vegetables. Chill briefly. Serve on lettuce leaf.