

STUDENT ORGANIC FARM CSA NEWSLETTER

October 14, 2004

In your share this week:

- Purple or white Cauliflower
- Celery
- Red and/or green Tomatoes –lots! If you need to can, dehydrate, or freeze tomatoes, please let us know – there may be enough for a few more folks to get a preserving batch, but after this week, we’re down to those harvested partly green and ripened in storage, and the few plants left in the heated greenhouse.
- Sweet *and* Hot Peppers
- Collard Greens
- French Breakfast Radishes
- Onions *and* Garlic
- Melons (Watermelon and/or Canteloupe and/or Honeydew)
- U-pick herbs: parsley, oregano, chives, thyme, lemon balm, mint (I know we said U-pick season was over, but the herbs are still there – come on back!)

Announcements

1. Two upcoming conferences:

The first is the Great Lakes **Bioneers** conference this weekend, Friday-Sunday, **Oct. 15-17**, in Traverse City, MI. Several student farmers will be going up. Along with several other Michigan farms, we’re providing some of the food for the conference dinners. I know it’s last minute, but if you’re available this weekend, I highly recommend this gathering of forward-thinking “biological pioneers” from around the Great Lakes Bioregion, with teleconferenced keynote speakers from the “Big Bioneers” conference happening concurrently in California. One of your co-members, Angie Durhman, will be presenting a sustainability workshop on green roofs. Please see their web page for more info: www.nrec.org/glbioneers and/or call 1-800-220-1415.

The second conference is a nation-wide conference all about CSA farming, “**Growing Together: A Conference for Community Supported Agriculture**” happening here in Michigan, **Nov. 12-14**. The conference is aimed at CSA farmers, active members, small farm and community health

advocates, and educators and extension personnel. If you're interested in learning more about CSA, meeting some visionary and inspiring leaders in the CSA movement, sharing your ideas and experience, and eating good food, please join us in Tustin, MI (near Cadillac) at the Kettunen Center. Some of our farm family, including Laura Delind, professor of Anthropology here at MSU, and Susan Houghton, farmer at Giving Tree Farm in Lansing, have organized and helped make this conference happen—thank you so much, Laura and Sue!

I believe there was a late fee, but they've decided to wave it – you've still got time to register. For more information, call 1-877-526-1441, and/or email csafarm@jackpine.com. See the web page at <http://tcf.itgo.com>

2. **Garlic planting at the SOF** next week. All farm friends and members are invited out to help with this fun fall job, possibly with cider afterward! Please check your email early next week for the date and time.
3. **Share balances are due by next Thursday, Oct. 21.** All members who did not pay their \$350 share price in full should have received a letter in the mail with your balance owed. If you did not receive a letter, or don't know how much you owe, please email msufarm@msu.edu and ask for your balance. Checks should be made out to MSU, with "Fall 2004 CSA" on the memo line. Mail checks to Michelle Ferrarese, MSU Dept. of Horticulture, A288 Plant and Soil Science Building, East Lansing MI 48824.
If you split a share with someone and owe a balance, please send in only one check for the total balance; simplify our records. ☺ Thank you!
4. **This Friday:** another **Hort Farm Fall Fruit Sale**, featuring apples, winter squash, and other bulk items – not organic, but locally grown, and great for apple sauce, cider, etc. All day Friday. By the way, if you're coming to the SOF to visit or volunteer on Friday, please park either across College Road, or right by the buildings when you first pull in the drive – it's kind of crazy to try to drive through the fruit sale madness.
5. **Volunteering:** Many Saturdays we will be at the farm in the morning. If you've always wanted to volunteer but couldn't make it during the week, now's your chance! There is lots of **weeding** to do, **potatoes** to dig, irrigation **tape** to take out of the fields, **greenhouse plastic** to replace and repair, **herbs** to bunch and dry, **garlic** to clean, **signs** to paint, and more. If you can do any of those things, please give the farm phone a call during the week (517-230-7987), and let us know when you can come out! Don't limit

yourself to weekends, however; feel free to drop by any weekday but Thursday, from 8-5. If you want to volunteer on Thursday (harvest and CSA day), please call first so we can plan accordingly.

6. *Still* another VOLUNTEER OPPORTUNITY: We need to **pick up a truckload (pickup truck) of wooden crates** from a farm in Tipton, near Adrian. It's the home and farm of Beverly Ruesink and Oriana Bosma, two SOF alumnae, who are generously donating old, no longer used apple crates to the SOF. If you have a mid- or large-sized pickup truck (or van, or trailer), and would like to visit some former SOFers while doing the farm a huge favor, please send an email to Michelle, and/or call the farm phone. The whole trip will probably take 3-4 hours, including driving, loading, and unloading (and probably touring their farm while you're there!).

What's up at the farm?

Transitions. And garlic. We're getting ready for the long-anticipated fall weather. The maples around the edges of the fields are changing brilliant colors, the Brussels sprouts are sweetening up from the frost, potatoes are coming out of the ground and into storage, we're disking under summer plantings and putting in rye cover crops, the soils are losing heat and the soil microbes slowing down, getting ready for winter. The hoopouses are almost completely full of fall plantings, to be harvested throughout the winter. We just spaded up a new section of ground to be planted to garlic this fall, and onions next spring. Next week we'll be adding lots of compost (garlic loves compost!) and planting garlic for next summer's harvest. We plant garlic in the fall so the cloves have a chance to establish a good root system before the ground freezes, and they go dormant. Garlic can survive over winter even in Michigan – it's a hardy plant— but the more roots it develops in the fall before entering dormancy, the more of a head start it has in the spring when warming temperatures stimulate growth again – it can then put most of its energy into growing leaves for photosynthesis, which, along with sufficient water and soil health and fertility, maximizes bulb production.

Garlic planting is a wonderful fall chore, somewhat of an end-of-season ritual – completing the circle, investing in next spring, getting ready for the dark season. **All farm members and friends are invited to be part of the garlic planting next week – it will be after Monday, date TBA.** Please check email early in the week for the date and time. We'd love to have you join us for planting (and maybe apple cider afterward?). Stay tuned!

Recipe Ideas/New Vegetables?

Purple cauliflower! OK, some of you will get white cauliflower, but we'll keep mixing it up, and you'll eventually get some of each. These are both (purple and white) delicious cauliflower varieties --- the purple is called Graffiti, and the white is called Amazing. I've been trying out different preparation methods for the two, and while "Whole Cauliflower Crown with Spiced Tomato Sauce" is surely my favorite for white heads, it's not so exciting with purple heads. Unlike purple beans, purple cauliflower does retain some purple color through cooking, but the longer it cooks, the less brilliant it becomes. I recommend eating this stuff raw (the flavor is wonderful, a little more mellow than some cauliflower I've had, and delicious plain and fresh), but if you prefer to cook it, cut into florets, and just barely steam enough to heat and soften a tiny bit. The beautiful purple is retained that way, but much more cooking starts to dull the color. Stay tuned next week for the "Whole Cauliflower Crown with Spiced Tomato Sauce" recipe – it's worth the wait. Meanwhile, take home some tomatoes and make some sauce, to get ready!

Collard Greens: Collards are just about the most nutritious vegetable available. Old members will recall the extensive praise of collards and kale written by Mollie Katzen (author of the *Moosewood Cookbook*), which we've included in the newsletter a couple of times, and we'll include it again. Leafy green vegetables, as you know, are high in iron, calcium, and vitamins. The Brassicaceae family, which includes collards, kale, cabbage, Brussels sprouts, pac choi, radishes, etc. is a good source of indoles, cancer-preventative compounds that contribute to the characteristic mustardy "bite" in the flavor of these hearty veggies. Rule of thumb: the darker or more intensely colored a vegetable is, the more nutritious it is, right? In general, yes. In the case of brassicaceous, or cruciferous, leafy greens, a lot of the minerals are chelated, or tied up in less bio-available forms in the plant. If you consume plain, uncooked leafy cruciferous veggies, you'll of course benefit from the fiber and some vitamins in the leaves, but in order to maximize mineral availability, it's a good idea to break the chemical bonds by which they're bound, with an acid condiment like tomatoes, lemon juice, or vinegar. The beauty of adding acidic condiments to bitter leafy greens is that not only does it increase nutritional quality of the food, it's delicious! I suspect that lacto-fermentation (using lactobacillus bacteria to ferment fresh veggies, as in sauerkraut, or Japanese salt-pickled daikon radish) performs a similar function – any nutritionists out there to confirm or correct that thought? Katherine, Mike, Barb, Karen, anyone else? (We're fortunate to have several nutritionists in our membership – step up, you all, and share the wisdom ☺) If you've never checked out Sally Fallon's cookbook *Nourishing Traditions*, I suggest you peruse the fermentation sections. While she makes some controversial nutritional claims,

most of the recipes in the book are excellent examples of traditional food preparation and preservation techniques, and it will surely gear us all up for a successfully savvy season of sauerkraut.

So, back to collards: My *favorite* way to prepare collards is to make a stirfry with onions, garlic, walnuts, and raisins or currants. Scroll on down for a tangy, sweet raw salad, too.

Michelle's favorite Collard Greens Stir-fry

1 bunch collards

1 onion – big if you like onions, small if you're neutral about them

a few cloves garlic, to taste

1/2 cup or more chopped walnuts

1/2 cup or so raisins, golden raisins, currants, or sultanas (dried cherries would be good, too!)

plenty of olive oil

a few dashes of lemon juice

salt/pepper to taste

This is really quite simple; I just wrote out every last detail:

Wash and remove stems/ribs from collard leaves. You can chop the stems finely and add to the pan, or compost them. *Chiffonade* the leaves – stack them on top of each other like pancakes, roll them up like a big cigar, then thinly slice crosswise, like making threadlike cinnamon rolls. The resulting shreds should be reminiscent of spaghetti noodles. Place shreds in a bowl, and douse liberally with lemon juice and a little salt– alternately, you can use balsamic, cider, or wine vinegar. Toss to mix well, and set aside for a few minutes. Chop the onion as finely as you have patience for, and same with the garlic. Or use a garlic press if you like. Heat a cast iron skillet large enough to hold all the greens, or stainless steel wok or frying pan, over medium heat, add enough olive oil to thoroughly coat the bottom, and sauté the onions over medium heat til golden or translucent. I find that using half olive oil, and half butter is a good way to brown onions, if you want to caramelize them, and it's tasty, too. Olive oil by itself is probably healthier, and it's tasty, if you use high-quality extra virgin, cold-pressed oil. Add the greens, garlic, and raisins, and turn up the heat a little – not too hot; olive oil likes medium temperatures. Collards are hearty leaves, so be sure to taste-test frequently, until they are cooked to your liking – anywhere from just wilted to soft and droopy is usually good, but if you're familiar with cooking kale, you might be surprised that collards take a little longer, or a little more heat, to mellow out. As you stirfry the mix, if it dries out or starts sticking to the pan, add a few tablespoons of water to the pan, and stir well. For softer, more cooked greens, add 1/4 cup water, cover the pan, and let cook on low heat for 5-10 min or so. When it's cooked to your liking, add chopped walnuts (or pecans, or pine nuts) and another dash of lemon juice, salt/pepper to taste, and enjoy. You can use toasted nuts if you prefer. You can add a chopped tomato and/or hot chile at this point, too. Greens are so versatile and delicious. I hope everyone can develop their own favorite greens dish – send in recipes if you do. Enjoy!

Michelle's Favorite Raw Collard Greens Salad

1 bunch collard greens

1 smallish onion

a few cloves garlic
1 small tomato—optional (try a green tomato – I never have, but I bet it’s yummy)
2-3 Tbsp. sesame seeds
1/4 or more cup balsamic vinegar
honey, maple syrup, or molasses plus water
salt, pepper, powdered ginger, cayenne (any combination, to taste)

Wash and chiffonade collard greens, as described above. Finely chop onion and garlic. Dice optional tomato. Make a marinade with the vinegar and sweetener – about twice as much vinegar as sweetener, and dilute the molasses with water first if you use molasses; otherwise it will overpower the other flavors. Molasses, like collard greens, is a good source of iron, so this is a great dish if you’re menstruating, pregnant, nursing, or feeling anemic. (Or if you’re not) Add a half-teaspoon each of salt, pepper, powdered (or fresh – even better) ginger, and cayenne, or any combination of those, and mix well. Taste, see if you need more or different spices—imagine this marinade with intensely flavored greens – it’s OK to make an intense marinade; don’t be shy. Then toss everything together, coating all surfaces. If you’re patient, refrigerate 24 hours, stirring and re-coating everything a few times meanwhile. If you’re impatient, serve and enjoy immediately.

There are lots of **green tomatoes** in storage at the farm – tomatoes we rescued out from under the threatening thumb of frost a couple weeks ago. Those that were just breaking (just starting to show a sign of pink) are ripening nicely in dry storage; those that were solid green are still pretty much green. At the end of this section you’ll find a long list of Green Tomato Recipes, many of which are new to me (I lifted them off the internet). These are intended to inspire the end-of-season chef in you to be adventurous, try something new, take some green tomatoes off our hands. You’ll notice, of course, that most of the pickle-y, chutney-y, condiment-y recipes call for many items you’ve received in your shares the last couple of weeks and this week! Yum.... pickles.... Note: many of these recipes can also be made with ripe or partly-ripe tomatoes; follow the same instructions, the dish will just be red instead of green, and perhaps sweeter. Use your judgment, try some of them out, and let me know what you think. I’m especially curious to hear about (or try! SOFers make excellent guinea pigs for new recipes....) the desserts made with green tomatoes. They might sound unlikely at first, but my experience with Rutabaga Cheesecake (no joke; it’s delectable) has opened my mind to the possibilities of weird vegetable desserts (although tomatoes are technically a fruit)—maybe you’ll have the same luck with Green Tomato Pound Cake, for example. Go nuts.

All these Green Tomato Recipes were lifted from <http://www.sweetbabymedia.com/recipes/special/greentomato.shtml>, though some clearly came originally from Martha Stewart, the Mennonites, or other famous culinary traditions

classic fried green tomatoes

Notes

Home-grown tomatoes are usually the best, but if you have to buy them, look for firm ones and pay attention to the fragrance. White specks mean they have been forced to ripen with gas. If you have an abundance of good fresh tomatoes, freeze them whole. Just wash, dry, and pop them in freezer bags. They'll retain their flavor, and once thawed the peel will slip off easily. Use them in any recipes calling for fresh tomatoes except salads.

Category: Side Dish

Ingredients:

4 to 6 green tomatoes

salt and pepper

cornmeal

vegetable oil (or bacon grease if you're truly Southern)

Instructions:

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. Serve as a side dish - delicious with breakfast!

fried green tomato wedges

See Also [Homemade Basil-Lime Mayonnaise](#)

Notes

SOUTHERN FAVORITE Typically, fried green tomatoes are sliced rounds, but we find that wedges hold their coating better and are neater to eat; a sheet of parchment absorbs any excess oil. Homemade mayonnaise, bright with the flavors of basil and lime, is an easy to make dip.

From: Martha Stewart Living

Servings: 4 to 6 as an appetizer

Category: Appetizer

Ingredients:

2 cups yellow cornmeal

4 teaspoons coarse salt, plus more for seasoning

1 teaspoon freshly ground black pepper

1/2 teaspoon ground cayenne pepper

2 cups buttermilk

2 large eggs

2 tablespoons freshly squeezed lime juice (about 2 limes)

canola oil, for frying

3 large green tomatoes, cut into 1-inch-thick wedges

Basil-Lime Mayonnaise, for dip

Instructions:

In a medium shallow bowl, combine the cornmeal, salt, black pepper, and cayenne pepper; set aside.

In another shallow bowl, whisk together the buttermilk, eggs, and lime juice (the mixture may appear curdled); set aside.

In a large cast-iron or heavy skillet, pour oil to a depth of 1/2-inch; heat until a deep-fry thermometer measures 375F. Meanwhile, working in batches, dip tomatoes in buttermilk mixture, then in cornmeal mixture. Set aside on a large plate; repeat with remaining tomatoes.

Fry tomatoes, working in batches, until golden brown, about 1 minute on each side. Drain on a paper-towel-lined plate. Season with salt while hot. Serve warm with basil-lime mayonnaise.

Notes

This mayonnaise is an excellent dipping sauce for Fried Green Tomato Wedges. Raw eggs should not be used in food prepared for pregnant women, babies, young children, the elderly, or anyone whose health would be compromised.

From: Martha Stewart Living

Servings: 1 1/4 cups

Category: Dips & Spreads

Ingredients:

1 large egg
1/2 teaspoon coarse salt
1/4 teaspoon freshly ground pepper
1 cup canola oil
2 teaspoons freshly squeezed lime juice
1/4 cup finely sliced fresh basil leaves

Instructions:

In the bowl of a food processor, pulse egg with salt and pepper until foamy and pale, about 1 1/2 minutes. With the machine running, add the oil through the feed tube, a drop at a time, until the mixture starts to thicken (do not stop the machine at this point or the mayonnaise may not come together). Add the remaining oil in a slow, steady stream.

When the oil has been incorporated, slowly add lime juice, mixing until combined. Add basil; pulse until combined. Let chill before serving. Fresh mayonnaise can be refrigerated in an airtight container up to 5 days.

broiled tomatoes with cheese

Category: Sandwich

Ingredients:

green tomatoes
celery salt
pepper, to taste
finely ground bread crumbs
1/4 cup grated parmesan cheese
1 egg beaten well and diluted with 2 tablespoons water

Instructions:

Wash green tomatoes. Drain and dry. Cut tomatoes crosswise into halves and slice a small piece off the tops and the bottoms. Sprinkle the halves with celery salt and pepper, to taste.

Combine bread crumbs and cheese. Dip tomato halves in bread crumb mixture. Then dip in egg-water mixture and again in bread crumbs. Place breaded halves on a greased pan in a moderate oven, 375 degrees and bake until they are nearly soft. Place under broiler, turning once, until they are brown.

bill's salsa fresca

Servings: 1

Category: Sauce & Marinade

Ingredients:

1 pound ripe red tomatoes
1/2 pound tomatillos or green tomatoes
3 large sweet banana peppers, seeded
2 medium Hungarian wax peppers, seeded
1/4 bunch cilantro
1/2 medium white or yellow onion
jalapeno or serrano pepper, seeded
adjust number for desired heat level
1 lime, juice of
1 teaspoon salt, (to taste)

Instructions:

By hand or in a food processor or salsa maker, chop everything into 1/4 to 1/8-inch pieces. Combine all ingredients in a large bowl and mix in lime juice and salt to taste.

green salsa dressing**Notes**

A variety of Mexican salsa, this dressing can be used as a topping for beans and rice, or mixed with beans to make a salad.

Servings: 1 2/3 cups

Category: Salsa

Ingredients:

1 cup green tomatoes, coarsely chopped
1 fresh jalapeno pepper or chili pepper
2 cloves garlic, peeled and crushed
2 scallions, green and white parts, cut into 1-inch lengths
1/3 cup water
2 tablespoons chopped fresh cilantro leaves
1/4 cup vegetable oil
1 teaspoon salt
1 tablespoon fresh lime juice

Instructions:

Combine green tomatoes, pepper, garlic, scallions and water in a small saucepan, and stir over high heat for 7-10 min, til everything is tender. Scrape into a blender or food processor. Add remaining ingredients and blend until smooth.

If you are the kind of person who likes microwave ovens, combine the first batch of ingredients into a 4-cup glass measure or small microwave safe mixing bowl. Cover tightly with plastic wrap. Microwave at High for two minutes. Let stand one minute. Pick plastic to release steam. Remove from microwave and uncover carefully. Then transfer into blender/food processor, add rest of ingredients, and carry on.

green tomato salsa**Notes**

We like to served grilled fish over a coulis made by pureeing half the salsa until smooth and adding olive oil until the mixture is the desired consistency.

From: Martha Stewart Living

Servings: 4 cups

Category: Dips & Spreads

Ingredients:

1 poblano chili
2 pounds (about 6 medium) green tomatoes, seeded and finely chopped
1 small or 1/2 large Vidalia or other sweet onion, finely chopped
4 scallions, sliced thinly crosswise
2 tablespoons freshly squeezed lime juice (about 2 limes)
2 tablespoon extra-virgin olive oil
1/2 cup finely chopped fresh cilantro
coarse salt and freshly ground pepper

Instructions:

Roast chili directly on a gas-stove burner over high heat, or under the broiler, turning as each side blackens. Transfer to a bowl; cover with plastic. Let stand until cool enough to handle. Peel off skin; discard stem and seeds. Finely chop chili, and place in a medium bowl.

Add tomatoes, onion, cucumbers, scallions, lime juice, oil and cilantro. Stir. Season with salt and pepper; let stand 30 minutes. Store in refrigerator up to 3 days.

green tomato chutney**Notes**

Be sure to use firm green tomatoes that have not yet begun to turn red.

From: Martha Stewart Living

Servings: 1 1/2 quarts

Category: Condiment

Ingredients:

4 pounds green tomatoes (about 12 medium), diced
2 yellow bell peppers, ribs and seeds removed, finely diced
2 Vidalia or other sweet onions, finely diced
1 cup golden raisins
1 tablespoon mustard seeds

1/4 teaspoon ground cayenne pepper
2 cups packed light-brown sugar
finely grated zest of 1 lemon
2 sticks cinnamon (each 3 inches long)
1/2 cup cider vinegar

Instructions:

Place all the ingredients in a large saucepan. Set over high heat; bring to a boil, stirring, until sugar dissolves. Reduce heat to medium-high, and simmer until mixture has thickened and most of the liquid has evaporated, about 1 hour.

Using a slotted spoon, remove cinnamon sticks. At this point, chutney can be cooled and served, or canned: Ladle chutney into clean canning jars, and wipe excess from rims; screw on lids.

Bring a large stock pot of water to a boil. Using canning tongs, gently place jars in boiling water, making sure the water covers the jars (if not, add additional water to cover). Let jars sit in gently simmering water for 10 minutes. Remove; let cool slightly. Check seal by pressing in center of lid. If it doesn't pop back, it is properly sealed. If it does, return jars to water for 10 more minutes. Let sealed jars cool completely.

Let pickled tomatoes stand until flavors have melded, at least 2 weeks. Store unopened jars in a cool, dark place up to 6 months. Once opened, jars will keep in the refrigerator for up to 3 weeks.

end of the garden pickles

Category: Condiment

Ingredients:

1 cup sliced cucumbers
1 cup chopped sweet peppers
1 cup chopped cabbage
1 cup sliced onions
1 cup chopped green tomatoes
1 cup chopped carrots
1 cup green string beans (cut in inch pieces)
1 cup chopped celery
1 tablespoon celery seed
2 tablespoons mustard seed
2 cups vinegar
2 cups sugar
2 tablespoons turmeric

Instructions:

SOAK cucumbers, peppers, cabbage, onions, celery and tomatoes in salt water overnight (cup salt to 2 quarts water). Drain. Cook the carrots and string beans in boiling water until tender; drain water. Mix soaked and cooked vegetables with remaining ingredients and boil 10 minutes. Place in sterilized canning jars; seal at once. Process in Boiling Water Bath 5 minutes.

green tomato sweet pickles

Servings: 8 pints

Category: Condiment

Ingredients:

1 gallon green tomatoes (16 cups sliced)
1/4 cup salt
tablespoon powdered alum
3 cups vinegar (5% acidity)
1 cup water
4 cups sugar
1 tablespoon mixed spices
teaspoon cinnamon

1 tablespoon celery seed
teaspoon allspice
1 tablespoon mustard seed

Instructions:

SLICE tomatoes. Sprinkle with salt and allow to stand overnight. Next morning drain and pour 2 quarts of boiling water with tablespoon of powdered alum over the tomatoes and let stand 20 minutes. Drain and cover with cold water, drain. Combine vinegar, water, sugar and spices (tie spices loosely in bag) and bring to a boil. Pour this over the tomatoes. Let stand in this solution overnight. Then drain and bring solution to boil and pour over tomatoes. Let stand overnight. On the third morning bring the pickles and solution to a boil. Pack into sterilized canning jars to within inch of top. Put on cap, screw band FIRMLY TIGHT. Process in Boiling Water Bath 10 minutes.

pickled green tomatoes

From: Martha Stewart Living

Servings: 3 quarts or 6 pints

Category: Condiment

Ingredients:

1 onion, thinly sliced
1 red bell pepper, ribs and seeds removed, thinly sliced
3 pounds green tomatoes (about 9 medium), cut into 1-inch wedges or left whole if small
3 to 6 garlic cloves
3 to 6 small red chilies
3 cups sugar
2 tablespoons coarse salt
4 cups cider vinegar
4 teaspoons mustard seeds
2 teaspoons whole cloves
2 teaspoons celery seeds
2 teaspoons whole allspice

Instructions:

In a large bowl, combine onion, bell pepper, and tomatoes. Pack mixture into 3 (1-quart) or 6 (1-pint) canning jars. Place a garlic clove and a red chili in each jar, and set aside.

In a large saucepan, combine sugar, salt, vinegar, mustard seeds, cloves, celery seeds, and allspice. Bring to a boil over medium-high heat; stir until sugar dissolves. Pour mixture over produce, leaving a 1/2-inch space at the top of each jar. Wipe rims of excess; screw on lids.

Bring a large stock pot of water to a boil. Using canning tongs, gently place jars in boiling water, making sure the water covers the jars (if not, add additional water to cover). Let jars sit in gently simmering water for 10 minutes. Remove; let cool slightly. Check seal by pressing in center of lid. If it doesn't pop back, it is properly sealed. If it does, return jars to water for 10 more minutes. Let sealed jars cool completely.

Let pickled tomatoes stand until flavors have melded, at least 2 weeks. Store unopened jars in a cool, dark place up to 6 months. Once opened, jars will keep in the refrigerator for up to 1 month.

green tomato and apple pickle (mennonite)

Category: Condiment

Ingredients:

1-1/2 gallon green tomatoes, chopped
1/3 cup salt
1 large onion
2 quart chopped apples
1 bunch celery, chopped
2 teaspoon mustard seed
1 teaspoon cinnamon
1 teaspoon cloves
1 teaspoon allspice

2 pound sugar
1 quart vinegar

Instructions:

Sprinkle the salt over the chopped tomatoes and let stand overnight. In the morning, drain and add chopped onion, celery and apples. Mix spices with the sugar and add vinegar. Add liquid to pickle mixture and simmer slowly for 1 hour. Pack into hot jars and seal.

green tomato pie

Notes

In many American homes the beginning of fall is heralded by a green tomato pie. Made with the fruits that were saved from the first frost, it is a delightful dessert.

Category: Dessert - Pie

Ingredients:

4 or 5 really green tomatoes (2 1/2 cups coarsely grated)
pastry for an 8 -inch 2-crust pie
1 1/2 cups brown sugar
3 tablespoons flour
rind of 1 lemon, grated finely
6 tablespoons lemon juice
1/2 cup golden raisins
1/4 teaspoon salt
1/4 teaspoon allspice
1/4 cup minced candied ginger

Instructions:

Put tomatoes through a coarse grater or a food processor's large shredder. Put in a colander and let drain overnight.

Prepare double pie crust. Line 8-inch pie pan with half. Roll out second half and set aside. Mix remaining ingredients with tomatoes. Place in pie shell and cover with top crust. Prick holes in crust. Bake in 450 degree oven for 10 minutes. Reduce heat to 350 degrees and bake 40 minutes longer or until golden brown.

annie's green tomato poundcake

Notes

The idea for this came from our friend Annie Roberts, who baked green tomatoes and walnuts into quick bread. Our rich Breton poundcake, buttery and crisp around the edges, is no less friendly. The tomatoes give it a tang and a moistness that threatens -- if it is not baked long enough -- to make it stay too moistly caky in the lower third of the pan, but it is nonetheless delicious for that trait. Be sure to toss the tomatoes with some of the flour before adding. And make an extra cake to freeze or give as a gift. It has the richness of a fruitcake, so slice it thin.

From: teresa@lamg.com

Servings: 8 to 10 servings

Category: Dessert - Cake

Ingredients:

1/3 cup sultanas (golden raisins)
1/4 cup dark rum
1 large green tomato (8 oz.), cored, halved, seeded, and diced
1/2 tsp. salt
1 tsp. butter for pan
6 large egg yolks
2-1/4 cups all-purpose flour
1 cup sugar
1 cup unsalted butter at room temperature
2 tbs. orange zest
1/2 cup walnut halves, toasted

Instructions:

Preheat the oven to 325 degrees F and butter a 4-inch by 8-inch loaf pan. Pour the rum over the raisins in a small bowl and set aside for at least 15 minutes. Prepare the tomato, put the dice into a large sieve, sprinkle with 1/4 teaspoon salt, toss gently, and let drain. In a small bowl, beat the egg yolks until thick and lemon-colored. Place 2 cups of the flour and remaining salt in a large bowl, make a well, put the sugar and butter in the middle, and with your fingers or the paddle attachment of your mixer work those ingredients well into the flour. Add the egg yolks (reserving a bit for glaze), raisins, rum, and orange zest and work in gently until the dough is smooth, if stiff. Toss the drained tomato with the remaining 1/4 cup flour and gently work it, along with the walnuts, into the dough. Pat the dough into the cake pan and press out to the edges of the pan. Brush the top with the reserved egg yolk. You can make a simple design in the top of the cake with a fork or the back of a knife if you like. Bake for 1-1/2 hours or until a knife inserted in the middle comes out clean. Allow to cool completely before removing from the pan.