

Recipes

Tomato Bisque Soup (aka Cream of Tomato Soup)

With all the tomato sauce we've been making lately, it is sometimes tempting to eat it more as a soup than a sauce. Actually, to turn sauce into a nice soup, just add some cream, milk yogurt, and or butter and whisk to a nice smooth texture. To make it from fresh tomatoes use the following recipe.

- ◇ About 2 pounds of tomatoes
- ◇ 1/2 large onion, chopped small
- ◇ 1 celery stalk, chopped small
- ◇ 3 shallot cloves, chopped
- ◇ 1 clove of garlic, crushed
- ◇ 1 cup water
- ◇ 1/2 cup of cream, milk or yogurt
- ◇ 2 tbsps butter
- ◇ 2 tbsps olive oil
- ◇ Salt and pepper to taste

Blanch the tomatoes for 30 to 60 seconds in boiling water, cool with cold water, core tomatoes and peel skins. Chop tomatoes well.

Heat olive oil and 1 tbsps of the butter on high heat. Add the onion and celery and sauté until softened, about 3 minutes. Add tomatoes, shallots, garlic, water, salt and pepper. Bring to a boil, add flour, reduce heat and simmer for 15 minutes. Pour off liquid to a soup pan. Take the solids and puree them with a food processor. Add back to the liquid in the pan and whisk in 1 tbsps butter, the milk/cream/yogurt. Simmer for 5 minutes. Serve hot, warm or cold. Top with fresh herbs, such as chopped basil, dill, tarragon or summer savory. Makes about 4 servings.

Your Share Items

Tomato Update

We have talked with several members lately about how to store tomatoes. The basic answer is **do not store tomatoes in the refrigerator**. The technical answer is to store them at 55°F and 90% relative humidity. "Chilling injury" as it is known, occurs below 55, and results in off-flavors, mealy texture and poor color. On the farm, the closest thing to 55°F is the lower barn, and while a little warm at times, it does a good job of holding your tomatoes during the week with no need for cooling energy. The cats are also a key part of the tomato storage strategy, keeping them safe from small tomato lovers.

Paste Tomatoes

As we continue to work on our tomato growing skills, we are working on figuring out the best paste tomatoes to grow here at the farm. We are pretty happy with the selections we used this year.

We grow paste tomatoes mainly for ourselves, as we can, freeze and dry as many as we can handle. We are very lucky, in that we can make 14 quarts of sauce at a time and only have to pay for the energy. In making sauce, it is especially nice to have paste tomatoes, that are high on meaty pulp, and low on seeds and liquid. We are growing **Opalka and Rocky** (large and horn-shaped), **Classica** (large slender shape), and **Roma** (small plum-shaped). We hope

you like them. Don't worry if they are real ripe, as they add nice texture and taste to a sauce. Last week's sauce and this week's soup are also nice ways to cook with any excess and ripening tomatoes.

Summer Savory

Like most herbs, summer savory has a folklore, which includes its Medieval use as a love potion ingredient. As a culinary herb it is best known as the "bean herb" as it goes well with fresh beans. It actually goes well in just about everything—soups, stews, marinades, and with most all meats and vegetables. It dries well, and several days of hanging it up should be enough this time of year. To keep it fresh, keep it in a ventilated bag in the crisper.

Shallots

Something new to the CSA, you will have a choice of shallots in your herb share for the next few weeks. This may not mean much to you if you are unfamiliar with them, so here's a primer. Shallots are part of the *Liliaceae* (lily) family, along with garlic, onions, chives and leeks. It is on a taste continuum somewhere between onions and garlic. A typical substitute for shallots is to use a blend of red onion and garlic. They will peel more similar to an onion than garlic, and they are sectioned like an onion, and thus easy to chop.

Maris Piper Potatoes

We get our seed potato from Milk Ranch Specialty Potato, in Powderhorn, Colorado. We work with several farmers in the area and place an order together. All of the seed potato that we used this year was certified organic. It costs a bit more, and some people see it as an unnecessary expense, but even if it is, we want to support the organic seed growers, to help keep them around.

Their seed catalog describes the **Maris Piper** potato like this. *Popular in Europe, the Maris Piper makes great French fries and is also good for boiling, baking, and salads. This dry type potato has good flavor and its color rarely discolors during cooking.*



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