



September 2, 2020

Life on the farm is certainly starting to feel different. The days are becoming shorter and the weather cooler. With most of the winter squash already ripe and showing their brilliant colors in the field, fall's impending arrival is undeniable. For the time being, though, we will revel in our tomato bounty!

In this week's share, you will be receiving DOUBLE tomatoes! Most of the tomatoes you are receiving are multi-purpose: they are juicy and delicious eaten fresh but can also be used in sauces or canning. Though we do grow tomatoes to eat fresh, the lion's share of the tomatoes we grow for our Round the Bend Farm community are "paste tomato" types. These types of tomatoes have less water content and are more "meaty," which are ideal for processing and making tomato sauces, ketchup, or, as the name suggests, tomato paste. RTB's Executive Chef Shaun will be the first to tell you that the more water content a tomato has, the more time it takes for the sauces to boil and thicken. (Shaun is notorious for staying up until the wee hours babysitting giant cauldrons of tomato sauce on the stove!)

We cherish tomatoes because they sustain us all year long in various forms. Shaun spends numerous hours this time of year canning tomato sauce, which is an incredibly time-consuming endeavour. It requires cutting tomatoes by hand, putting them into a de-seeding processor machine, then boiling the tomato slurry for many, many hours to thicken. In addition to making tomato sauce, Shaun also makes ketchup, which he uses as a base for BBQ sauce as well. We also dehydrate quite a bit of tomatoes for our version of sundried tomatoes, and we make tomato jam. In some respects, tomatoes seem to be the lifeblood of RTB Farm! We realize that most people don't have the time to put into processing tomatoes, and that's ok. We only hope that you value and appreciate the potential that this one fruit can provide...they are truly magical!

Items you will be receiving this week include: **please remember to wash all produce, including fruits**

- **Cherry Tomatoes** We grew two varieties of cherry tomato: one yellow and one red. Did you know that yellow tomatoes are less acidic than their red counterparts and have a different nutritional value? For example, yellow tomatoes are high in folate, but have less vitamin C than red ones.
- **Slicing & Beefsteak Tomatoes**
- **Potatoes**
- **Carrots**
- **Zucchini/squash**
- **Nilsa's Herbal Teas & Botanicals tea blend:** Nilsa grows a wide variety of herbs at Round the Bend Farm that she transforms into healing products such as tea blends, botanical oils, salves, and tinctures. Nilsa grows all of her plants without the use of chemicals or pesticides, and her gardens flourish with flowers, roots, and leaves that she carefully dries in a small greenhouse on the farm. Always mindful of the environmental impact of her products, she packages her teas in unbleached biodegradable paper tea bags. We hope you enjoy these handcrafted herbal teas from Nilsa!
- **Thyme**

What's your tomato?

We dare you to discover which varieties are in your boxes using the graphic below! Feel free to look up information about your favorite ones... where did the tomato originate from? How are they best prepared? It's fun to begin noticing differences in flavor when tasted side-by-side.



Pictured above are all of the types of tomatoes grown for **Manifest Love**. Check it out and try to figure out which one is which...

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