

Summer Creek Farm

2009 CSA Newsletter

Fried Green Tomatoes

Week 9
July 13, 2009

Green tomatoes are simply regular tomatoes that haven't ripened yet. They are firmer in texture than ripe tomatoes, which are usually red.

Being from the South (N.C.), I can testify that many Southerners don't recognize (much less eat) vegetables unless they have been deep fried. There are probably as many [fried green tomato recipes](#) as there are Southern cooks. There are plenty of ways to coat and fry your tomatoes. You could use bread crumbs (try Panko), cracker crumbs, cornmeal, or flour. Some people dip them in beaten eggs before dredging, while some just

dredge then fry. Be sure to salt and pepper them first. A deep skillet with a generous amount of oil is a reasonable substitute if you don't have a deep fryer.

[Editor's note/disclaimer: my only experience with fried green tomatoes—at least until I get this week's CSA box—is the [movie](#).]

Sources: [about.com](#) and [wikipedia](#)



Image:
Food Network, [The Neelys' recipe](#)

From Farmer Rick

We are almost finished with our wheat harvest. Harvest has been slow due to machinery breakdowns and the fact that we have been working hard to get irrigation up and running. It is very dry now so we have switched from mud to dust. Since vegetables are 80% water we really need to get it running! It takes about 3 days of work to set our system up every season. We are also busy planting fall crops like squash, hard squash, beans and peas. I hope you have enjoyed your boxes so far. The crops are running late but we will have red tomatoes and other summer vegetables soon.

Recipe Feature

Baked Green Tomatoes

Try them for dessert!
Serves 6, *Recipe from Diana Rattray, [About.com](#)*

4 large firm green tomatoes
Salt and pepper
1/2 cup brown sugar
3/4 cup coarse buttery cracker crumbs
(like Ritz crackers)
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.

Have a favorite way to use all those great CSA tomatoes, green peppers, squash and other veggies? Please e-mail aprilfinnen@yahoo.com if you'd like to share your ideas here!

Link of the week

Fried Green Tomatoes: A Taste of New Orleans (NPR story)

Includes recipes for fried green tomatoes with shrimp remoulade, and fried green tomatoes with fresh mozzarella and tomato sauce.

<http://www.npr.org/templates/story/story.php?storyId=5692200>

Contact us: farmer@summercreekfarm.com

This week's box

- Yukon gold potatoes
- Green tomatoes
- Chard
- Cucumber
- Grape tomatoes
- Garlic
- Green beans

Items may vary by location/pick-up day.