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# EarthTalk

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"Any intelligent fool can make things bigger, more complex, and more violent. It takes a touch of genius – and a lot of courage – to move in the opposite direction."

–Albert Einstein

Fall Harvest, Heirloom Tomatoes

## Fall Is Here, Get Ready for Winter, Stock up!

### Have Overflow of Falls Bounty? Process & Store for Quick Winter Meals Fresh From the Garden.

#### Soup is Good Food

It is really true what Campbell's soup says; Soup is good food. Good for you, quick when you are in a rush, versatile, you can put it over rice to make it a complete meal or add it to almost anything else. Try pouring tomato based soups over chicken prior to baking for a quick and delicious dinner. It is also a

great way to utilize the bounty of your garden or use up excess from your neighbors! Tomatoes, Zucchini's and Winter Squash rule the roost when it comes to garden excess. These are a great base for home made soups, easy to can or freeze. Soup is a great way to get all those veggies in that aren't necessarily as appetizing all by themselves. Recent studies also show that consuming soup at the beginning of your meal reduces overall calorie intake by an average of 20% ([www.smartfoodshealthykids.com](http://www.smartfoodshealthykids.com)). Need some recipes and having trouble finding on the net? Send us an e mail. We'll be happy to help!

#### Don't Have a Garden or a Friend With One?

Even without your own garden, the local veggie stands and farmers markets as well as the regular stores have ample supplies of great inexpensive fresh local winter squashes and other vegetables. Why not take a rainy day and make a big batch to pull out on those cold fall nights after sitting at your kids soccer or football game. You'll know exactly what is in it and what is not! Plus, truly, I don't think any can of Campbells can stand up to the real thing.



We are completing our first official year with the community garden and while participation was low, the harvest was abundant. Weekly baskets of vegetables and eggs were shared with over 100 families. We look forward to more community participation next year!

Be sure to join us Sunday October 26th for our 2nd annual GrapeSqueeze & Honeybees. This is our last scheduled event at the farm for the season until further renovations can be completed. Over the winter months we hope to bring our workshops to you. If you have an interested group, please contact us. Outreach workshops will be provided free of charge.



Boistfort Valley Summer School Field Trip

### Got Green Tomatoes?

I don't know about you, but there is a wealth of green tomatoes in the community garden, and you can eat only so many fried... So what else to do with them? There are a wealth of recipes available on the internet ranging from sweet tomato-raspberry pie to green tomato pasta toss. They also work great in your basic marinaras, soups & sauces as well as green tomato salsa. Use ketchup? Try Green Tomato style!

#### Ingredients:

- \* 6 pounds green tomatoes
- \* 3 pounds onions
- \* 2 teaspoons black pepper
- \* 1 tablespoon dry mustard
- \* 2 teaspoon Worcestershire sauce
- \* 2 teaspoons mixed pickling spices, optional
- \* 2 cups vinegar
- \* 1 cup honey

Slice green tomatoes and onions; place in a large pot with pepper, mustard, and Worcestershire sauce. If using, put the mixed pickling spices in a small cheesecloth bag and add to the pot. Pour vinegar over all and cook for 4 hours over very low heat, stirring occasionally. Puree mixture in a blender; strain through a mesh strainer. Return to pot and bring to boil; add honey. Immediately fill 6 sterilized pint jars, leaving 1/4-inch head space. Wipe the jar tops and threads clean with clean damp towels. Place hot sealing lids on the jars and apply the screw on rings.

Process in boiling water bath in a deep canning pot for 5 minutes. Remove the jars and cool completely. After jars cool, check seals by pressing middle of lid with finger. (If lid springs back, it is not sealed and must be refrigerated.) Let jars of green tomato ketchup stand at room temperature 24 hours. Store unopened product in a cool dry place up to one year. Refrigerate green tomato ketchup after opening.

Makes 6 pints of green tomato ketchup.

### A Word on Pumpkins

Although this nutritious harvest vegetable (actually a squash) is mainly eaten as a pie, it can be enjoyed in a large variety of ways, such as soups, smoothies, in cookies and breads, and much more.

The healthful qualities of pumpkin nutrition include the large amounts of antioxidants and beta-carotene. Antioxidants, help strengthen our immune system. Beta-carotene converts to Vitamin A and helps reduce the risk of cancer and other dangerous diseases. Pumpkins are very low in fat and calories, and high in potassium. They also contain Vitamin C and other nutrients, such as Niacin, Vitamin E, Calcium and Iron. And don't forget the pumpkin seeds when you are carving your Halloween Jack-O-Lanterns! Looking for recipes?

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## Root Vegetable Cold Storage;

### The simplest form of preserving.

All that is required is a cool dark location and varying levels of humidity. Some examples for some of the basics grown in our area;

APPLES; 32 DEGREES F, MEDIUM MOIST, NEST IN STRAW IN A CONTAINER THAT ALLOWS MEDIUM AIR CIRCULATION (LAUNDRY BASKET) 4-6 MONTH SHELF LIFE

BEETS; LEAVE IN GROUND COVERED WITH 6" OF STRAW, OR HARVEST AFTER NIGHTS REACH 30 DEGREES F. CUT OFF MOST OF THE TOP, LEAVE TAIL INTACT. LINE CONTAINER WITH PLASTIC, LAYER BEETS WITH SAWDUST OR MOIST SAND. MEDIUM MOIST 3-5 MONTH SHELF LIFE

ONIONS; LET DRY ON NEWSPAPER 10-14 DAYS BRAID TOPS TOGETHER AND HANG IN COOL DARK PLACE, OR PLACE IN OLD SOCKS TYING KNOTS BETWEEN EACH

Preserving the Harvest, Carol W. Costenbader

Questions? Comments?  
Contact us!



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