



August 24, 2002

## This Week at Market

- Summer Squash “Yellow Crookneck”
- Spaghetti Squash
- Heirloom Tomatoes “Cherokee Purple”, “Black Krim”, “Tigerella”, “Green Zebra”, “Aunt Ruby’s Green”, “Orange Brandywine”
- Cucumber “Armenian”
- Carrots “Red Core Chantenay”
- Eggs from Free Range Hens

### Arabian Gazpacho

3 T extra virgin olive oil  
4 to 5 cloves garlic, finely chopped  
1 T sweet paprika  
2 t ground cumin  
1 t ground coriander  
¼ t cayenne, or to taste  
2 ½ pounds ripe tomatoes  
2 T sherry wine vinegar  
2 T freshly squeezed lemon juice  
3 T chopped fresh cilantro  
1 T chopped fresh mint  
2 t salt  
freshly ground black pepper, to taste

Warm the olive oil in a small sauté pan over a low heat. Stir in the garlic, paprika, cumin, coriander, and cayenne and sauté for 2 to 3 minutes. Remove from the heat and let cool. Core and cut the tomatoes into chunks. Pass them through a food mill fitted with a coarse disk. Or, push the tomatoes through a medium strainer with a wooden mallet or spoon. Discard the peels and seeds. Place the tomatoes in a bowl and stir in the spice mixture and the vinegar, lemon juice, cilantro, mint, salt, and pepper. Thin, if necessary, with a little cold water. Cover and chill for at least an hour to let the flavors meld before serving. Serves 4 to 6.

# Boánn's Banks

*Sustainable Agriculture Along the Broad River*

Hello! We're now entering the season of second chances: Autumn. Most gardeners are now pulling out the dried husks of the tomato and squash plants, cleaning things out and ending the growing season. A few gardeners, however, look forward to Autumn with the same glee the others reserve for Spring. The season ahead gives us a chance to grow again the best vegetables and greens from earlier in the year and try again those that failed. There are a few things typically thought of as spring crops that actually do better in the fall here in the south. Spinach is one of those. It's not uncommon for spinach to go from the first few leaves straight to bolting during our sudden springtime heat waves. In the fall, the days only get shorter and cooler, and that's what spinach likes.

For those of you with gardens, now is the time to get those seeds in. Quick-growing veggies like radishes can still wait another month. The sun can easily scorch the seeds, so plant them twice as deep as you would in the spring and keep the beds moist (watering twice a day if need be) well after they've sprouted. Your reward will be plenty of greens and enough broccoli, Brussels sprouts, and tender roots to last you all winter.

For those of you without gardens, it's our intention to grow enough to keep us at market until at least Thanksgiving. The first sprouts are already here!

Thanks for coming to market. Eat well!

-- Chris and Eric Wagoner

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## Featured Vegetable

Last week, we discussed the history of the tomato. As people around the world discovered how wonderful tomatoes are, the plant spread to most every temperate and tropical region. In the days before jet planes and automobiles, both people and plants tended to remain where they set down roots. In the case of the tomato (as well as all other heirloom vegetables), regional genetic differences became more pronounced over the years as farmers selected varieties that performed best in their area. The end result is a fantastic range of sizes, shapes, colors, and flavors. After World War II, refrigerated trucks made it possible to ship ripe produce to areas of the country where it was out of season. As the American shopper welcomed year-round produce, seed companies began developing varieties that could ship better, store longer, and looked all the same. Many centuries-old varieties were lost as people moved over to the easier to grow hybrids. A handful of organizations reacted to the threat and began taking expeditions around the world collecting seed before it could vanish. Most of the heirlooms we grow are here thanks to those efforts.

The **Cherokee Purple** tomato is particularly well-suited to our area. In the early history of our country, the Cherokee, one of the “civilized tribes”, lived all throughout southern Appalachia. They farmed (some even owned slaves), had schools, churches, and towns. When gold was discovered near Dahlonega, Georgia, President Andrew Jackson ordered all of the Cherokee relocated to Oklahoma. According to the family history of J. D. Green in Servierville, Tennessee, this is the tomato the Cherokee grew. It is a large slicer, deep red with dark shoulders. It has a wonderfully earthy meaty flavor some compare to a rare cut of beef. It is thin skinned, prone to cracking, but its local history makes it easier to grow than most heirlooms.

The **Black Krim** is very similar to the Cherokee Purple in appearance and taste, though it has a more salty flavor. It originates from the island of Krim in the Black Sea, where the climate is perfect for tomatoes. The Seed Savers organization collected the seeds during an expedition right as Russia was opening up to the west. Purple and black varieties are very popular due to their unusual color. However, none are actually purple or black! The dark color is really a blend of greens and reds. Some seed companies have jumped on this popularity by breeding their own dark-colored hybrids.