



August 31, 2002

## This Week at Market

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

### Sweet Salsa Verde

- 1 lime
- 1 clove garlic, minced
- 3 T onion, minced
- 1 lb Green Zebra or other tomatoes
- 4 oz. shredded cucumber
- handful cilantro, chopped
- 1 diced hot pepper (optional)

Zest one lime and mix it with 1 minced clove of garlic and 3 Tbsp. onion, then juice the lime and mix it in. Dice 1 lb. green zebra tomatoes — or, roast the tomatoes whole over the grill for 3-5 minutes, turning once, then chop — and add to the mixture. Finely shred 1/2 a cucumber and add to the salsa, along with a handful of chopped cilantro. Add salt to taste, along with (optional) 1 finely diced jalapeno or other green chile pepper. Note: you don’t have to use Green Zebras. Other varieties will change the flavor and color, but don’t be afraid to experiment! This salsa is great with grilled meats and fish.

### Simple Tomato Salad

This is a favorite at our house. On a salad plate, arrange sliced or wedged tomatoes in a circle. Put cottage cheese in the center. Sprinkle with salt, pepper, and a dash of balsamic vinegar. Enjoy!

# Boánn's Banks

*Sustainable Agriculture Along the Broad River*

Hello! The weather this last week has been much more to the liking of everything on the farm. The summer plants had been all merely trying to survive, much less producing fruit. Now, after cooler air and a bit of rain, they’re leafing out again and producing new flowers. Though the harvest may be small now, production will pick up again for our usual long Indian summer. The tiny plants for the fall crop enjoyed the new weather, too. We coaxed the seeds to sprout despite the blazing heat of the week before, and now they’ve got several sets of leaves. We’ve got broccoli, spinach, arugula, orach, beets, carrots, and more, and they’re very happy. The chickens were pleased, too. Despite being of tropical origin, they don’t care for the heat. And they certainly miss the greens they used to feast on earlier in the year.

Both of us are excited about the upcoming change of season. Autumn is the favorite season for both of us, and this will be the first one we spend at our new home on the river. One bit of natural bounty to look forward to: passionflower fruits.

Now with most of the fall seeds planted, it’s time to begin planning for next year. We’ve got a few exciting surprises planned for market in the Spring, and we’re happy to take your requests. Is there a variety of something your grandmother used to grow that you just can’t find now? Let us know!

Next week we’ll be taking the weekend off from market to participate in one of Eric’s oldest friend’s wedding.

Thanks for coming to market. Eat well!

-- Chris and Eric Wagoner

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## Featured Vegetable

This week, we continue our focus on the tomato. One question we’re often asked is why are our tomato prices so much higher than the grocery store, and sometimes higher than the other growers’? The answer lies in our choice to only grow heirloom varieties. One common “problem” of heirlooms, particularly the larger slicing varieties, is their very thin skin. You know how knife salesmen try to impress you by cutting through a regular tomato? Those things have been bred for their armor-like skin. A thick skin means they’re better able to stand up to the pressures of shipping (being tossed around, stacked in boxes, sitting on the grocer’s shelves), and better able to resist pest while on the vine. The old time tomatoes don’t have that. The skin is tissue thin. Bugs can slice through it with their feelers. It splits wide open when it rains. It’s barely able to make it from the vine to market. For every good tomato we’ve brought to sell, we’ve had to feed one to the bugs and birds and compost another. Another reason is many of these varieties don’t like to be crowded. Vines too close together invite fungus and disease. So we have to spread them out more, lowering the area yield. Despite the problems pushing the price up some, we feel their heritage and more noticeably their taste make them well worth the extra cost.

The **Green Zebra** tomato has been one of the most popular we’ve grown this year. They’re about the size of ping pong balls and when ripe have an amber body with neon green stripes. When immature, they have a light green body with dark green stripes. The flesh inside is a bright green. They taste citrusy without being acidic, like a sweetened lemon. The taste makes them ideal paired with cottage cheese in a salad or sliced on bruschetta. The variety was first released in 1983 by Tom Wagner of Mater Tater Seeds in Bakersfield, California, after 25 years of development. Though this variety is always called an heirloom, it does push the definition a bit.

The **Tigerella** is also called **Mr. Strihey**. It is a medium sized tomato with red and orange stripes, inside and out. The flesh is very sweet, like a cherry tomato, and tastes the least acidic of all the varieties we grow. They are known for producing an enormous quantity of fruit on each vine, but we’ve discovered that the birds find it to be their favorite, so our yield has been less than the others. It is thought the variety originated in England.