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August 2011 'Month of the Heirloom Tomato'

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Heirloom Tomatoes --Photo by Bill Lubing

Hello friends,

Take a bite of an heirloom tomato and you're taking a bite of history. Each variety has its own unique story to tell:

- An Amish Paste tomato describes life in an early 1900s Amish settlement in Lancaster, PA.
- The Cherokee Indians of a century ago are described by a Cherokee Purple.
- The Anahu, an Hawaiian heirloom, tells of its namesake, Bill Anahu, a World War II fighter pilot killed in action.
- Being carried by Burpee as early as 1886, the Brandywine is one of the more famous heirlooms. The variety was introduced via the [Seed Savers Exchange](#) in 1982 by an elderly ohio gardener named Ben Quisenberry. He received the variety from a woman named Doris Sudduth Hill, who could trace Brandywine in her family for over 80 years.

There are over 7,500 varieties of heirloom tomato listed in the Seed Savers' Exchange Yearbook. And we're happy to report that the seeds for our heirloom tomatoes all come from the Seed Savers Exchange where we're proud to be a part of the 'Participatory Preservation.'

We offer you a variety of heirloom tomatoes to be enjoyed fresh by themselves, canned, frozen, used in recipes, and even dried. So far this season we're enjoying a phenomenal harvest. At the present rate of harvest, hundreds of pounds per day, we're offering fresh heirloom tomatoes at an incredible price.:

\$2.50/Pound for #1 Heirloom Tomatoes
(20 Pound Minimum)
\$1.00/Pound for Cannons
(20 Pound Minimum)
\$3.50/Pound
(By the Pound)

When buying in quantity it's [best to preorder](#). You can pick up your order at any of the many farmers' markets we attend each week or at the Paoli Market.

A little further down the page find some terrific recipes that utilize heirloom tomatoes. And please do remember, they won't last long!

Remember ...

On-line ordering is available 24 hours a day at www.naturalmeats.org.

If you need help ordering or have any other questions please don't hesitate to call Lynn between 8:00 am and 5:00 pm Monday through Friday at 608-329-4807.

Farmers' Markets

Preordering at
www.naturalmeats.org
is recommended

We are asking that all orders be picked up
at local farmers markets. We are currently
at 10 different markets per week
to make this easy for everyone.
--Thank You!

Tuesday:

[Verona Farmers' Market](#), 3:00 pm-7:00 pm, Hometown Junction, 306 S. Main St.

[Watertown River Park](#), 7:00 am to 12:00 noon.

Wednesday

[Lake Mills](#), Wednesday, 2:00 pm to 6:00 pm, In the Commons Park on the North side
across from the Library.

Madison (East), [Capitol View Farmers' Market](#), 3:00 pm - 7:00 pm, Sharpsburg Drive
in Grandview Commons, Madison, WI.

Thursday

Madison (West), [MadWest Farmers' Market](#), 4:00 pm-7:00 pm, 55 S. Gammon Rd. (in
the parking lot of Lussier Com. Ed. Ctr.).

[Mount Horeb Farmers' Market](#), 3:00 pm-6:30 pm, 100 block of North 2nd St. Old
Schoolhouse under the Water Tower.

[South Milwaukee](#), 3:00 pm-7:30 pm, 11th Avenue at Milwaukee Avenue.

Saturday

[Milwaukee, Cathedral Square](#), Kilbourn Avenue, 1/2 block East of Jefferson Street. 9:00
am-1:00 pm (608 558-5566). ORDER in advance for best results.

[Racine County Indoor/Outdoor Farmers' Market](#), 1614 South Street at Douglas Ave.
7:00 am - 2:00 pm.

[Waukesha](#), 7:00 am-12:00 Noon at the River Front Plaza.

[Wauwatosa](#), 8:00 am-1:00 pm at the far East end of Watertown Plank Road next to the
"Little Red Store" in the Village.

Ordering and Pickup are Easy!
Order on-line then, whenever possible,
pick up your order at the
farmers' market
closest to you!

For more information on farmers' markets go to:

www.naturalmeats.org/ORDER Select "A._FARMERS_MARKETS"

To order on-line, go to <http://www.naturalmeats.org/webcart/order.aspx>

We'll see you at the market!



Tomato and Watermelon Salad --Photo by TasteTester

Tomato and Watermelon Salad

by Chef Kate

From [Pintxos: Small Plates in the Basque Tradition](#) by [Chef Gerald Hirigoyen](#). This Frenchman makes fabulous food in San Francisco and this salad is an example of the simple treatment of fresh ingredients at which he excels.

Ingredients

- 3-4 heirloom tomatoes, small to medium, in assorted colors, cored and cut into 1 inch chunks
- 1 small cucumber, peeled, seeded, and cut into 1 inch cubes
- 1 cup watermelon, seedless flesh (red or yellow)
- 1 Hass avocado, halved, pitted, peeled, and cut into 1 inch cubes
- 1 tablespoon herbs, fresh, chopped (mixed in any combination (basil, tarragon, chives, and cilantro)
- 1/4 teaspoon coriander seed
- 3 tablespoons extra virgin olive oil
- 3 tablespoons aged balsamic vinegar
- Kosher salt and freshly ground black pepper

Directions

1. In a bowl, combine the tomatoes, cucumber, watermelon, avocado, and herbs.
2. In a spice grinder, grind the coriander seeds to a fine powder. Add the ground coriander to the tomato mixture and toss gently.
3. In a small bowl, whisk together the olive oil, balsamic vinegar, and salt and pepper to taste. Pour over the tomato mixture and toss to coat evenly. Taste and adjust the seasoning before serving.

Adapted from www.food.com



Beef Tomato Stir Fry. --Photo by lazyme

Beef Tomato Stir Fry

by Lavender Lynn

Another recipe received from my Japanese roommate in college. What a beautiful stir fry this will be with a combination of heirloom tomatoes.

Ingredients

- 1 pound boneless round steak, sliced in thin strips 2-inch by 1/2-inch
- 3-4 tomatoes, quartered
- 3-4 green peppers, cut into 1-inch squares
- 1 green onion, cut in 1-inch lengths
- 1 round onion, cut in 1-inch wedges
- 2 stalks celery, diced diagonally 1-inch wide

Marinade

- 2 tablespoons soy sauce
- 1 teaspoon cornstarch

- 1 teaspoon wine(optional)
- 2 tablespoons sugar
- 2 tablespoons oil

Gravy ingredients

- 1 teaspoon cornstarch
- 2 teaspoons sugar
- 1 teaspoon soy sauce
- 1 tablespoon catsup
- 1/2 teaspoon Worcestershire sauce

Directions

1. Put meat in marinade for 30 minutes.
2. Brown meat in 2 tablespoons hot oil and turn into bowl.
3. Add 1 tablespoon oil to pan and when hot put in vegetables and stir-fry until veggies are just tender. Do not overcook.
4. Put beef back in pan and add gravy ingredients. Cook for 1 minute.

Recipe from www.food.com



Basil-Garlic Tomato Sauce --Photo by ChileFarmer

Canned Basil-Garlic Tomato Sauce

From Freshpreserving.com

This easy, tasty recipe is a great one for the beginning canner. You'll appreciate this delicious sauce in the dead of winter, served with meat balls and a hearty pasta.

Ingredients

- 20 pounds tomatoes (about 60 medium)
- 1 cup chopped onion (about 1 large)
- 8 cloves garlic, minced
- 1 tablespoon olive oil
- 1/4 cup finely minced, fresh basil
- 1 tablespoon bottled lemon juice per hot jar
- 7 (16 ounce) pint glass preserving jars with lids and bands

Directions

1. PREPARE boiling water canner. Heat jars and lids in simmering water until ready for use. Do not boil. Set bands aside.
2. WASH tomatoes; drain. Remove core and blossom ends. Cut into quarters. Set aside.
3. SAUTE onion and garlic in olive oil until transparent. Add tomatoes. Bring to a boil. Reduce heat and simmer 20 minutes, stirring occasionally.
4. PUREE tomato mixture in a food processor or blender, working in batches. Strain puree to remove seeds and peel.
5. COMBINE tomato puree and basil in large saucepot. Bring to a boil. Reduce heat and simmer until volume is reduced by half, stirring to prevent sticking.
6. ADD 1 tablespoon bottled lemon juice to each hot jar. Ladle hot sauce into hot jars leaving 1/2 inch headspace. Remove air bubbles. Wipe rim. Center hot lid on jar. Apply band and adjust until fit is fingertip tight.
7. PROCESS filled jars in a boiling water canner for 35 minutes, adjusting for altitude. Remove jars and cool. Check for seal after 24 hours. Lids should not flex up and down when center is pressed.

From Freshpreserving.com

Final Word ...

Let Us Show Our Appreciation

Join us on Sunday, September 18 for our Customer Appreciation Day at the Farm. Rain date is September 25. Enjoy family camping on Saturday night!

Ride the River for Free!

Come out to [Paoli Park](#) on August 20 and enjoy a free canoe ride down the Sugar River! Canoe trips depart at 9:00 am, noon and 3:00 pm. Be sure to arrive early to reserve your spot. This event is free and open to the public.

Register to win gift certificates to [Ruegsegger Farms](#), good at Paoli Local Foods. Stop at Paoli Local Foods, buy a glass of organic milk or cup of organic fair trade, fresh brewed coffee to get one of Shelby's home made cookies on us. Or buy one of Hal's brownies and get a free cup of organic fair trade, fresh brewed coffee or a glass of organic milk.

Come early and come hungry for a sandwich or our daily special. Make a day of it. If it is hot, we have air to cool you down. If it is cold (you say "yea right!" Well, two years ago it was wet and cold, believe it or not) we will give you a free coffee with any purchase.

Thank you,

Ken and Sherrie Ruegsegger

[Find us on Facebook](#) 

"The block of granite which was an obstacle in the pathway of the weak becomes a stepping-stone in the pathway of the strong."

~Thomas Carlyle

Ken and Sherrie Ruegsegger
Natural Meats
608-523-4705

[Paoli Market](#) [\[MAP\]](#)

6895 Paoli Road
Paoli, WI 53508
608-845-FOOD (3663)
Open Monday-Friday 10-6
Saturday 8-4



Eating locally is a moral and spiritual responsibility.

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