



WEEK OF AUGUST 8, 2022 WEEK 32/52

To Heirloom Or To Artisan?

I think most of us learned a long time ago, if you want a decent tasting tomato from a super market, you better fork out the money for those heirlooms. Heirloom Tomatoes are pricey because the yield is terrible, and they are a pain in the... to handle. They easily split, creating all kinds of problems. And to grow a good heirloom you need to stake the plants to keep them up off the ground. Years ago, Nigel was one of the first farmers in California to grow and sell heirlooms at the farmers market. Back in those days, labor, and everything else for that matter, was a lot less expensive, and he had the man hours to give it that kind of attention. But as the market became saturated he backed off, eventually deciding to not put the time into staking tomatoes at all, which is where we are today.

But are heirloom tomatoes really that great? I mean if you can get a good regular tomato that ripens under the summer sun, grown in good soil, aren't those super yummy too? Yes, I think they are. I lost my exuberance for heirlooms a long time ago. To me they are just too wet, they make every sandwich and burger a soggy mess, and I would never use them for saucing. But they are pretty terrific in a fresh tomato salad.

Today you find quite a few tomatoes that look like heirlooms, that are really artisan tomatoes, carefully developed by talented breeders like our friend Fred Hempel at [Grow Artisan](#), located in Sunol.

Several years back Fred reached out to us asking if we would be interested in helping him with some of his trials. He and Nigel had many long conversations and meetings. Nigel shared his interest in finding a tomato that

would bush well, like a determinate tomato, growing bushier and on the ground rather than needing to get strung up. He wanted tomatoes that had great flavor but would also be a bit more sturdy, to hold up in the CSA Box.



Fred is looking to develop tomatoes that have all those attributes, and with great flavor like an heirloom, but meaty like a beefsteak. The tomato Fred is most excited about is the Benevento, which is a beef steak style, looks like an Heirloom, holds well, isn't wet, produces well and has great flavor. We got a little over 3,000 plants this year. However, I just spoke with Jose and he says there are flowers but they aren't producing much fruit yet. So we shall see.

The few I had at the market last week were really tasty. One of the things I love about them is you can slice them into thin wedges and pick them up to eat, without falling apart.

Tomatoes have become very challenging because our start company no longer accepts tomato seeds unless they have had a particular virus test. Most of the seed companies don't want to pay for the test, so our options have been severely restricted. This is another reason I really want to work with Fred. He brings me plants and we have an opportunity to help him develop some new varieties along the way. We also grew some of his Marzano Fire along with some of our own San Mariano's, but it is not looking too promising. Sometimes the Marzano surprises us late in the season, but I can't say at this point. I think Slicers are the way to go for saucing this year, I'm afraid. And speaking of saucing, would any of you like to come up the weekend of August 21st to sauce? Email me and let me know, organic@eatwell.com

RECIPES AND IDEAS FROM KENDAL

Roasted Chicken and Peaches

Recipe found on "Barley and Sage" by Kyleigh Sage

Marinade

1 c plain full fat greek yogurt

2 Tbsp honey

1 Tbsp olive oil

1 Tbsp balsamic vinegar

1 tsp kosher salt

½ tsp ground black pepper

Chicken

2-3 large chicken breasts

1 Tbsp olive oil

½ c white cooking vinegar (optional)

¼ c balsamic vinegar

3-4 fresh peaches, sliced

2 medium shallots, sliced

3 sprigs fresh thyme

¼ c fresh basil, chopped

In a small bowl, wish together all of the marinade ingredients. Place the chicken

breasts in a shallow dish or ziploc bag, cover with marinade and toss to coat. Let marinate for 1 hour at

room temperature- or leave in the fridge overnight, sealed, and make sure it is at room temperature for

one hour before cooking.

Preheat the oven to 425F. Heat the olive in a large

cast iron skillet over medium-high heat. Sear the

chicken breasts on each side- 2 to 3 mins or until

there is a golden brown crust brown. Pour in the

wine and balsamic to deglaze the pan, then toss in

the thyme, sliced shallots and peaches. Transfer the

skillet to the oven and bake for 20 to 25 mins or

until the chicken is cooked through- internal temp of

160F. Remove from the oven and let rest for 10

minutes before slicing. Top with basil and enjoy!

Braised Eggplant, Tomato and Beans

Recipe found on "delicious." by Silvia Colloca

½ c extra virgin olive oil, plus extra 2 Tbsp

2 eggplants, chopped into 3cm pieces

3 garlic cloves, crushed

1 onion, chopped

3 tsp thyme, finely chopped

Pinch of chili flakes

3 tomatoes, chopped

1 400g can of cannellini beans, drained and rinsed

Juice and finely grated zest of 1 lemon

12 rainbow chard, stems attached

1 ½ c wholemeal couscous, cooked to packet

instructions

Greek yogurt, to serve

Mint leaves, to serve

Heat ¼ c oil in a large wide wide frypan over high

heat. Add half of the eggplant and cook, stirring

regularly until lightly golden and soft- about 7

minutes. Add 1 garlic clove, season and cook for a

fourth 2 minutes or until fragrant. Using a slotted

spoon, transfer to a bowl and set aside. Repeat with

remaining oil and eggplant. Reduce heat to medium,

and in the same pan, add extra 2 Tbsp oil. Add onion

and cook, stirring regularly until soft, about 7 mins.

Add thyme, chili flakes and remaining garlic clove,

and cook for a further until fragrant, about 1 minute.

Add cooked eggplant, tomato, beans, lemon and 1 ½ c

water. Season and stir to combine. Bring to the boil,

turn down to a simmer, and cook for 12-15 minutes until the sauce has thickened slightly. Bring a

saucepan of salted water to the boil and blanch

rainbow chard until tender, about 3

minutes, then drain. Divide couscous

among serving bowls and spoon over

eggplant mixture. Top with chard and

mint, serve with yogurt alongside.

Nectarine Sage Blue Cheese Pizza

Recipe found on "Nutmeg Nanny: Food

+ Travel + Lifestyle." Recipe doesn't

call for it, but adding balsamic vinegar

before cooking *chef kiss.* For a great

homemade pizza dough recipe, see

Lindsey Hickman's "[Butter for Breakfast.](#)"

Whole wheat pizza dough, homemade

or store bought

Olive oil

8 ounces of blue cheese

1 nectarine, sliced

2-4 sage leaves, chopped

Kosher salt

Fresh cracked pepper

Preheat oven to 425F

Let dough reach room temperature and divide in

half. Sprinkle a little corn meal on a parchment

lined baking sheet and pull out dough to create a

small pizza. Do this with both pieces of dough.

Drizzle each pie with olive oil. Using a pastry brush

spread it evenly over the dough. Top each pie with

ounces of blue cheese and a few nectarine slices.

Bake for 15- 20 minutes until cheese is melted and

dough is cooked through. Sprinkle pies evenly with

sage after removing them from the oven and let sit

for a few minutes before digging in!

Carrot & Celeriac Coleslaw

Recipe found on "Paleo Pantry," by Ruth. The

original recipe calls for spring onions but I replaced

it with chives!

1 celeriac, ends trimmed and peeled

2 carrots, peeled

For Dressing

2 Tbsp lemon juice

¾ c mayonnaise

1 Tbsp dijon mustard

1 Tbsp honey

½ tsp salt

¼ tsp freshly ground black pepper

4 chives, finely sliced

Large handful of fresh coriander, leaves and stalks

chopped

Use a food processor to julienne the celeriac and

carrots, or thinly slice vegetables then chop into

matchsticks. Toss immediately in the lemon juice to

stop the celeriac from discoloring. In a large salad

bowl, combine the mayonnaise, dijon mustard,

honey, salt and pepper. Mix until fully blended. Add

celeriac, carrot, chives and coriander. Toss well to

coat evenly in the mayonnaise mix. Serve

immediately, or store in an airtight container in the

fridge for up to 5 days!

This Week's Box

*Potatoes

*Tomatoes

*Nectarines

*Peaches OR Plums

*Basil

*Summer Squash

*Sage

Onions

Eggplant

Celeriac OR

Cucumber

Chives

* = Items in Box for 2