

2010 CSA

LEFT BOWER FARM

Organically Grown — Avella, PA

HEIRLOOM TOMATOES

FAT & JUICY

EAT FRESH EAT LOCAL

The tomatoes are here. Monstrous Brandywine and Striped German specimens ready for sandwiches, salsa, sauce and more.

BY FARMER DAVE

Tomatoes are a labor of love. We started the seedlings back in April, transplanted them to the field at the end of May, and have been coddling, stringing and restringing them ever since. The hot, dry weather has taken its toll on other crops, but it's finally put a rosy blush on the cheeks of these long-awaited beauties. Tomato season has officially arrived!

I admit that our tomatoes are not going to win any beauty contests. The Brandywines, in particular, have faces that only a farmer could love. But once you cut into these bad boys, you'll know why they're prized for their intense tomato flavor (and not their looks).

I've been enjoying some of the early harvested fruit (and the ugliest, I might add). The other night, I stacked up thick slices of Brandywine and yellow-and-red-fleshed Striped Germans in a [Zucchini Parmesan, Tomato and Basil Bake](#) that was borderline ridiculous. But these are equally delicious drizzled with a little olive oil, Balsamic vinegar and salt. Perfection.

I didn't let the tomatoes vine-ripen completely, because they would bruise during transport. So let them sit on the counter a day or so to maximize flavor. If you can wait that long... In other news, enjoy this week's cukes and zukes. It is their last. Provecho!

LEFTBOWERFARM.COM

412.203.3486

The Menu

August 11



- *Heirloom tomatoes
- *Golden cherry tomatoes
- *Cucumbers
- *Tomatillos
- *Zucchini
- *Green peppers
- *Green Beans
- *Serrano, jalapeño and habaero peppers
- *Kale
- *Basil
- *Parsley

Recipe Ideas

[Zucchini Parmesan, Tomato and Basil Bake](#)[Three Recipe Ideas](#)[Zucchini Cake and Zucchini Bread](#)[Grilled Vegetable Tort](#)[Refrigerator Pickles](#)[Zucchini Soufflé](#)[Summer Squash Casserole](#)[Tomatillo-Serrano Salsa](#)