

Home on the Range

Make It With Tomatoes

One medium tomato has only 24 calories, is high in potassium, and contains 14 percent of the USRDA of vitamin A and 37 percent of the USRDA of vitamin C.

Purchasing Tips:

- Tomatoes are available from August to October.
- Choose tomatoes that are firm and plump. Avoid those that are soft, bruised, cracked or otherwise damaged.
- Ripe tomatoes are completely red or reddish-orange (depending on variety) and give slightly to gentle palm pressure.
- Mature-green tomatoes have quality similar to vine-ripened, if given proper conditions to ripen.
- Select unpackaged tomatoes or those packaged in perforated wraps. This allows for good circulation, which is needed to ripen tomatoes.

• One pound has three medium or four small tomatoes, which will yield 1½ cups pulp.

Storage Tips:

- Ripe tomatoes may be stored at room temperature for a couple of days or in the refrigerator for up to one week. Flavor and nutrient quality will decline if held longer.
- Unripe-mature tomatoes should be ripened at room temperature in a loosely closed paper bag or ripening bowl for a couple of days. Do not ripen in direct sunlight for they will not taste flavorful even if the skin is red. Tomatoes need good ventilation and high humidity to ripen properly.
- Green tomatoes will not ripen further and usually spoil first. They should be cooked or pickled as soon as possible.

Preparation tips:

- Fresh tomatoes can be served uncooked in salads or stewed, baked, broiled or microwaved.
- When peeling ripe tomatoes drip in boiling water for 30 to 60 seconds, then dip into cold water. Skins will slide off.
- When freezing tomatoes, the skins should be removed because they become tough.
- When canning, only use firm and ripe tomatoes. Overripe, soft, or tomatoes picked after frost or disease-killed plants have less acid and may be unsafe to can.

Ideas With Tomatoes:

- Add tomato slices to grilled cheese sandwiches for new taste appeal.
- Bake or boil a tomato with grated onion and shredded cheddar cheese.
- Stuff fresh, whole tomatoes with egg, chicken, or seafood

salad, then top with low-fat cottage cheese or yogurt.

- Saute cherry tomatoes in butter with garlic.
- Place tomato halves, cut side up, in a greased baking dish. Top with mixture of cooked fresh spinach, minced onion, seasoning, and bread crumbs, then bake about 15 minutes or until thoroughly heated.
- Stew tomatoes by placing diced tomatoes in a saucepan without water. Season with salt, pepper, and a pinch of sugar; add diced onion and or green pepper. Simmer in a tightly covered pot on low heat for about 10 to 15 minutes, stirring occasionally.

Tomato Salad Ideas:

- Marinate fresh diced tomatoes and onions with oil, a little vinegar, and oregano; salt and pepper to taste. Serve very cold.
- Marinate fresh diced tomatoes and sliced zucchini, cucumber and onion, with Italian salad dressing of an oil and vinegar mixture.
- Mix tomato slices, green pepper rings, chopped celery and onions with freshly ground black pepper, a dash of cayenne pepper, ground cumin, and olive oil.
- Mix tomato slices with crumbled feta cheese, chopped walnuts, fresh chives. Sprinkle with olive oil.
- Sprinkle sliced tomatoes with parmesan cheese, olive oil, and minced fresh basil.
- Marinate 2 pints cherry tomatoes for 2 hours or overnight. Use ¼ teaspoon salt, ¼ teaspoon sugar, ¼ cup fresh lemon juice, ¼ cup vegetable oil, 1 clove garlic (minced), ½ teaspoon dried thyme and basil leaves, and 1 tablespoon chopped parsley.

TOMATO SALSA

- 4 cups peeled, cored, chopped tomatoes
 - 2 cups seeded, chopped long green chiles
 - ½ cup seeded, chopped jalapeno peppers
 - ¾ cups chopped onion
 - 4 cloves garlic, finely chopped
 - 2 cups vinegar
 - 1 teaspoon ground cumin
 - 1 tablespoon oregano leaves
 - 1 tablespoons fresh cilantro
 - 1½ teaspoons salt
- Combine all ingredients in a large saucepan and bring the mixture to a boil, stirring frequently. Reduce heat and simmer 20 minutes, stirring occasionally. Ladle hot into pint jars, leaving ½ -inch headspace. Adjust lids and process in boiling water canner for 15 minutes. Yield 4 pints.



Tomatoes add flavor and color to many Italian dishes. Italian Polenta Cheese Caserole demonstrates the wonderful combination of cheese and tomatoes.

SPICED TOMATO BROTH WITH ORZO

Orzo is a tiny, riced-shaped pasta especially suitable for soups. You can use white rice instead of orzo if you prefer just increase the final cooking time from 10 to 20 minutes.

- 1 cup finely chopped red onion
- 1 tablespoon oil
- 2 cloves garlic, minced
- 1 teaspoon cinnamon
- ½ teaspoon ground allspice
- 1 tablespoon honey
- 3 cups tomatoes, peeled, seeded, and finely chopped
- 3 cups canned vegetable broth
- Juice and grated zest of two oranges
- ½ cup orzo pasta
- Yogurt or sour cream to garnish (optional)

In a large pot over medium heat, saute onion in oil until golden, about 7 minutes. Add garlic, cinnamon, and allspice and cook, stirring, for 2 minutes more.

Add honey, tomatoes, broth, juice, and zest. Bring to a boil, reduce heat and simmer for 15 minutes. Add orzo and simmer for 10 minutes more. Garnish with sour cream, if desired. Makes 6 servings.

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Featured Recipe

Lisa Heimbach is proud to be representing the dairy industry as the 1998-99 SUN Area Dairy Princess. She looks forward to a busy and fulfilling year with her alternates Sandra Beck, from New Columbia, and Sanda Opdyke, from McClure. The dairy maids are Christina Brosious, Sarah Erdley, Selena Hollenbach, Tina Hollenbach, Leslie Kenamond, Jennifer McWilliams, Tara Rice, Jessica Risser, Rachel Risser, and Susan Showers. The Dairy Misses are Brittany Fry, Amanda Hauck, Raquel Hauck, Dawn Heimbach, Brittany Rice, Tanya Rice, Janelle Risser, Amanda Shaffer, Laci Shirley, Anna Spangler, Corinda Varner, and Jennifer Waite.

Lisa lives in Mt. Pleasant Mills with two brothers, two sisters and parents Robert and Vicky Heimbach. They live on a 140-acre dairy farm with about 50 milking head. Lisa said "I have been raised on a dairy farm all my life and I feel I am prepared to inform those who don't know how important the dairy industry is, and to say thanks to the farmers. Along with my reign I will continue to work on the family farm, at Big Country radio station, and also attend SUN Tech for cosmetology."

Did you know your skeleton is made up of 206 bones? Since they are mostly made up of calcium they need a daily dose of this mineral. Your bones need calcium to keep them strong and healthy, also to keep you away from that awful bone crippling disease osteoporosis. Calcium is primarily found in milk and dairy foods. Other greens have small amounts: it would take three cups of fresh broccoli to get the same calcium in one glass of milk! So don't deprive your body of what it wants and needs to function properly. Treat yourself to your favorite bowl of ice cream, and salute your neighbor farmer. Then try a new recipe!

Rock 'n' Roll Shake

- 1 cup milk
 - 5 scoops vanilla ice cream
 - 3 tablespoons peanut butter
 - 1 large banana, peeled and sliced
 - Whipped cream
 - Chopped peanuts
- In a blender container, place milk, banana and peanut butter, blend until combined.
- Add ice cream; blend until smooth.
- Pour into two tall glasses; topped with whipped cream and peanuts.
- (2 servings: 380mg calcium per serving)

Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. Recipes should reach our office one week before publishing date listed below.

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| September | 5 - Lamb Recipes |
| | 12 - Packed Lunches |
| | 19 - National Rice Month |
| | 26 - Pizza Varieties |