



Carrboro Farmers' Market ~ 2006 Tomato Tasting

Tomato Varieties and Growers



Better Boys

Brook's Farm
Flat River Nursery
McAdams Farm
Round Top

Big Beef

Brook's Farm
Eco Farm
Elysian Fields Farm
McAdams Farm
Wild Hare Farm

Blackberry

Eco Farm

Black Cherry

Elysian Fields Farm

Black Krim

Flat River Nursery
Lyon Farms

Black Marble

Mystic Farm

Black Prince

Elysian Fields Farm

Brandy Boy

Eco Farm

Brandywine

Cane Creek Farm
Round Top
Zack's Fresh Produce

Brown Berry

Lyon Farms

Carolina Gold

Flat River Nursery
Lyon Farms
McAdams Farm

Cascade

Lyon Farms

Celebrity

Ayrshire Farm

Brook's Farm

Eco Farm

Flat River Nursery

McAdams Farm

Sunset Farms

Chelsea

Ayrshire Farm

Cherokee Purple

Castlemaine Farm

Eco Farm

Lyon Farms

Round Top

Currant

Garden Treasures Flower Farm

Delicious

Hobby Farm

Early Girl

McAdams Farm

Sunset Farms

Wiseacre Farm

Enchantment

Wiseacre Farm

German Johnson

Cane Creek Farm

Elysian Fields Farm

Flat River Nursery

Lyon Farms

McAdams Farm

Sunset Farms

Giant Delicious

McAdams Farm

Grape

Brook's Farm

Flat River Nursery

Garden Treasures Flower Farm

Lyon Farms

McAdams Farm

Green German Johnson

Lyon Farms

Green Zebra

Elysian Fields Farm

Flat River Nursery

Hard Rock

McAdams Farm

Italian Oxhearts

Peregrine Farm

Juliet

Brook's Farm

Elysian Fields Farm

Flat River Nursery

McAdams Farm

Lemon Boy

Ayrshire Farm

Brook's Farm

Flat River Nursery

Little Cherokee

Turtle Run

Marmande

Peregrine Farm

Matt's Wild Cherry

Garden Treasures Flower Farm

Lyon Farms

Milano

Flat River Nursery

Mortgage Lifters

Eco Farm

Hobby Farm

Wild Hare Farm

Mountain Delight

Flat River Nursery

Mountain Fresh

Brinkley Farms

Mountain Gold

Flat River Nursery

Mountain Spring

Brook's Farm

Flat River Nursery

Lyon Farms

Mule Team

Peregrine Farm

New Girl

McAdams Farm

Orange Blossom

Elysian Fields Farm

Parks Whopper

McAdams Farm

Round Top

Pear

Lyon Farms

Persimmon

Castlemaine Farm

Wild Hare Farm

Pineapple

Flat River Nursery

Pink Baby

Lyon Farms

Pink Beauty

Brook's Farm

Pink Girl

Eco Farm

Elysian Fields Farm

Flat River Nursery

Hobby Farm

Maple Spring Gardens

McAdams Farm

Wild Hare Farm

Plum Dandy

Flat River Nursery

Quinbaya

McAdams Farm

Razzle Berry

McAdam's Farm

Red Cherry

Brook's Farm

Red Sun

Maple Spring Gardens

Red Zebra

Flat River Nursery

Roma

Lyon Farms

Rose

Castlemaine Farm

Striped German

Lyon Farms

Sugary

Garden Treasures Flower Farm

Sun Cherry

Castlemaine Farm

Sun Gold

Ayrshire Farm

Brook's Farm

Elysian Fields Farm

Flat River Nursery

Garden Treasures Flower Farm

Lyon Farms

Maple Spring Gardens

McAdams Farm

Wild Hare Farm

Sun Starts

Brinkley Farms

Sun Sugars

Garden Treasures Flower Farm

Tomande

Wiseacre Farm

Trust

Flat River Nursery



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Locally Grown Tomatoes Notes from the Field

Weather is always a factor in farming. Last year we had great tasting tomatoes due to hot, dry weather that allowed the farmer to control the amount of water given and resulted in little disease.

This year's season has been described as "weird" by one farmer. The tomatoes are ripening in an odd pattern that is not the same as previous years. Yields are off which is mostly being attributed to cool weather that lasted into June. And diseases are higher this year due to June's wet weather. With that said, we have our most ever varieties represented this year – 64!

We are in peak tomato season now and it will last thru early August. Expect to see tomatoes in our Market through mid October.

Ripening and Storing Tomatoes

from Alex Hitt, Peregrine Farm

Commercial tomatoes are picked immature and green, shipped to a local packer and then gassed with ethylene to make them ripen. They have not had the chance to take up all the sugars that they can.

Local market tomatoes are left on the vine until they turn color. Tomatoes ripen from the inside out, once they begin to show color they have gained all the size and flavor that they will. The heirloom varieties have very thin skins that split easily. For that reason they are usually picked less than full ripe and allowed to ripen the rest of the way off the vine.

The best way to ripen tomatoes is on the kitchen counter either in a paper bag or in a bowl. On the windowsill may actually be bad because they can get sunscald if in direct sun. It only takes a few days to ripen a tomato fully, depending on how green it was to start with.

Never refrigerate tomatoes! Anything below 55 degrees will ruin the flavor.

Tomato Soup

Soupe de Tomates *from Kelly Clark, Market Staff*

Try this top-notch French tomato soup recipe. It has a wonderful texture, and the bread in the bottom of the bowl is a classic combination.

Ingredients:

2 medium leeks, white parts only, cut into thin slices
1/4 cup olive oil
1 1/2 Tablespoons flour
1 cup chicken or vegetable stock
6 large ripe tomatoes, peeled, seeded and coarsely chopped
2 large parsley sprigs
1 handful of celery leaves
3-4 sprigs of fresh thyme
1 bay leaf
1 garlic clove, pressed
Salt and freshly ground pepper
2 quarts hot water or water and stock mixed
Slices of French bread, fried in olive oil, one per bowl

Procedure:

Sauté the sliced leeks in olive oil until soft and golden. Sprinkle the flour over the leeks, blend it in and gradually add 1 cup of stock. Bring the stock to boil and add the tomatoes. Season the soup with the parsley, celery leaves, thyme, bay, garlic and salt and pepper to taste. Add 2 quarts of water and or water/stock mix, cover and simmer for 1 1/4 hours. Before serving, remove the large herbs. Put a slice of French bread in each soup plate and ladle the soup over the bread.

Serves 6

Need a quick and easy way to preserve tomatoes? Using sauce tomatoes, like Roma's, cut them in half (peel them first, if you want), toss in a good olive oil, sprinkle with sea salt then spread them on a jellyroll pan, cut side up, in a single layer. Roast in a 350-degree oven until they begin to brown and char on the edges. Now they are sweet and caramelized. Cool, store in a plastic bag and freeze. Use as a base for future sauces, or as a winter side dish.