

# THE GARDEN HERALD

WEEK 13 AUG 6-10



# GREENMOORE GARDENS

## Veggie Notes

- |                   |                |
|-------------------|----------------|
| * Mixed Greens    | * Onions       |
| * Kale            | * Tomatoes     |
| * Cucumber        | * String Beans |
| * Zucchini/Squash | * Garlic       |
| * Cherry Tomatoes | * Potatoes     |
| * Peppers         | * Basil        |

## Field News

Hello Summer CSA Members!

We have a treat for you to try this week: Fried Green Tomatoes! There are many different versions to this recipe, but if you don't already have a personal favorite, I will include one of mine here, and put a few other links up here for you to choose from. Green tomatoes are firm and tart, which tastes great fried in batter and just eaten plain or dipped in sauce. Remember you can pickle green tomatoes, too.

<http://www.southernliving.com/food/6-ways-with-green-tomatoes-00417000073874/page6.html>

This one has a nice introduction, too, to let you know a little more about why and how to make these.

[http://www.slate.com/blogs/browbeat/2013/07/11/fried\\_green\\_tomatoes\\_recipe\\_with\\_breadcrumbs\\_some\\_red\\_tomatoes\\_work\\_too.html](http://www.slate.com/blogs/browbeat/2013/07/11/fried_green_tomatoes_recipe_with_breadcrumbs_some_red_tomatoes_work_too.html)

Enjoy!  
Laura

## Recipe

# Fried Green Tomatoes

(From southernliving.com)

### Ingredients

- 1 2-3 medium sized tomatoes, sliced 1/3 in thick
- 2 1/2 cup buttermilk
- 3 1/2 cup self rising cornmeal mix
- 4 1/2 tsp salt
- 5 1/2 tsp pepper
- 6 1/2 cup flour
- 7 Vegetable oil
- 8 1 egg, lightly beaten

**Directions:** Whisk together egg and buttermilk. Combine cornmeal mix, salt, pepper and 1/4 cup flour; dip in egg mixture and dredge in cornmeal mixture.

Pour oil to a depth of 1/2 inch in a large cast-iron skillet; heat to 375 degrees over medium high heat. Drop tomatoes, in batches, into hot oil, and cook 2 minutes on each side or until golden. Drain tomatoes and sprinkle with salt to taste.