



Carrboro Farmers' Market ~ 2007 Tomato Tasting

Tomato Varieties and Growers



Arkansas Traveler
Cane Creek Farm

Aunt Ruby's German Green
Peregrine Farm

Beef Master
McAdams Farm
Sunset Farms

Better Boys
Brook's Farm
Flat River Nursery
Maple Spring Gardens
McAdams Farm

Big Beef
Brook's Farm
Eco Farm
Elysian Fields Farm
Stenson Greenhouses
Wild Hare Farm

Black Cherry
Sunset Farms
Timberwood Organics

Black Krim
Flat River Nursery
Lyon Farms

Black Pearl
McAdams Farm

Carolina Gold
Flat River Nursery
Lyon Farms
McAdams Farm

Cascade
Lyon Farms

Celebrity
Ayrshire Farm
Brook's Farm
Flat River Nursery
McAdams Farm

Sunset Farms

Chelsea
Ayrshire Farm

Cherokee Chocolate
Castlemaine Farm

Cherokee Purple
Eco Farm
Elysian Fields Farm
Lyon Farms
Maple Spring Gardens
McAdams Farm
Peregrine Farm
Stenson Greenhouses
Wild Hare Farm

Cherry Red
Brook's Farm

Early Girl
Maple Creek Farm
McAdams Farm

Favorita
Brinkley Farms

German Johnson
Brook's Farm
Cane Creek Farm
Elysian Fields Farm
Flat River Nursery
Lyon Farms
Maple Spring Gardens
McAdams Farm
Stenson Greenhouses
Sunset Farms
Zack's Fresh Produce

Grape
McAdams Farm
Stanford Farm

Green Zebra
Flat River Nursery

Italian Oxhearts
Peregrine Farm

Jet Stars
Sunset Farms

Juliet
Brook's Farm
Flat River Nursery
Keith and Doris Lewis
McAdams Farm
Stanford Farm

Kellogg's Breakfast
Peregrine Farm

Lemon Boy
Ayrshire Farm
Brook's Farm
Elysian Fields Farm
Flat River Nursery
Stenson Greenhouses

Little Cherokee
Turtle Run

Matt's Wild Cherry
Lyon Farms

Milano
Flat River Nursery

Mortgage Lifters
Maple Spring Gardens

Mountain Delight
Flat River Nursery

Mountain Fresh
Brinkley Farms

Mountain Gold
Flat River Nursery

Mountain Spring
Brook's Farm
Lyon Farms

Pine Knot Farm

Nebraska Wedding
Peregrine Farm

New Girl
McAdams Farm

Parks Whopper
Round Top

Pineapple
Flat River Nursery

Pink Beauty
Castlemaine Farm
McAdams Farm

Pink German Johnson
Lyon Farms

Pink Girl
Eco Farm
Flat River Nursery
Maple Creek Farm
McAdams Farm
Wild Hare Farm
Zack's Fresh Produce

Plum Crimson
Flat River Nursery

Plum Dandy
Flat River Nursery

Razzle Berry
McAdams Farm

Red Grape
Lyon Farms
McAdams Farm

Red Sun
Maple Spring Gardens

Red Zebra
Flat River Nursery

Road Runners
Brinkley Farms

Rose
Timberwood Organics

Striped German Johnson
Lyon Farms

Sun Gold
Ayrshire Farm
Brook's Farm
Castle Rock Gardens
Eco Farm
Elysian Fields Farm
Flat River Nursery
Lyon Farms
Maple Spring Gardens
McAdams Farm
Sunset Farms
Timberwood Organics
Wild Hare Farm

Sun Sugars
Brinkley Farms
Turtle Run

Super Sweet 100
Timberwood Organics

Sweet Million
Wiseacre Farm

Tomande
Wiseacre Farm

Trust
Flat River Nursery
Sunny Slope Greenhouse

Whopper
McAdams Farm

Yellow Grape
Lyon Farms



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Locally Grown Tomatoes Notes from the Field

Weather is always a factor in farming. Last year's season was described as "weird" by one farmer. The tomatoes ripened in an odd pattern, yields were off, and diseases were high. But there were still 64 varieties to taste at our Annual Tomato Tasting.

This year's season is defined by the drought we are experiencing. The tomato plants suffer less disease because the farmer is controlling the water through irrigation. As long as folks are able to irrigate, the quality of the tomatoes is high. There has been less humidity than usual that has allowed for more direct sunlight. That undiffused sunlight produces sugar in the fruit and makes the tomatoes taste great. We did experience a cool spring that held back planting and thus tomatoes are peaking a little later than typical.

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.

Pasta with Roasted Cherry Tomato Sauce

from **Sheri Castle, Creative Cooking with Sheri Castle**

3/4 cup extra-virgin olive oil
1 pound (2-3 dry pints) very ripe cherry tomatoes, halved
1 cup plain dry bread crumbs
1/2 cup freshly grated Parmigiano-Reggiano cheese
2 tablespoons freshly grated Pecorino cheese
4 garlic cloves, minced
Salt and freshly ground black pepper to taste
1 pound pasta
1/4 cup loosely packed fresh basil leaves, torn
1/4 cup loosely packed fresh flat-leaf parsley, chopped

Preheat the oven to 400°. Pour about 1/4 cup of the oil in the bottom of a 9x13-inch baking dish. Place the tomatoes cut side up in the dish.

In a small bowl, combine the breadcrumbs, cheeses and garlic. Sprinkle the breadcrumb mixture over the tomatoes, making sure that each cut side is well covered with crumbs. Sprinkle with salt and pepper. Drizzle the remaining olive oil over it all. Bake the tomatoes until they are cooked through and starting to brown on top, about 20-30 minutes.

Meanwhile, cook the pasta in a large pot of salted, boiling water until cooked al dente. (See the recommended time on the package.) Time the pasta so that it finishes cooking about the time the tomatoes are ready to come out of the oven.

Drain the pasta and pour it into the baking dish of tomatoes. Stir until the pasta is well coated with sauce. Sprinkle the basil and parsley over the dish. Serve immediately. Makes 4-6 servings.

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.