8-23-2010

Tomato

Sara Hunt
Crista Sorenson
Bethany Heineman
Ashley Walker Workman

Follow this and additional works at: https://digitalcommons.usu.edu/student_orgfarm

Recommended Citation
Hunt, Sara; Sorenson, Crista; Heineman, Bethany; and Workman, Ashley Walker, "Tomato" (2010). USU Student Organic Farm Newsletter. Paper 34.
https://digitalcommons.usu.edu/student_orgfarm/34
A Bit about the Tomato

The tomato is native to South America. Evidence shows that the modern tomatoes progenitors were herbaceous green plants with small green fruit found in the highlands of Peru. One species was then transported to Mexico where it was grown and consumed by Mesoamerican civilizations. The first domesticated tomato may have been a little yellow fruit about the size of a cherry tomato used by the Aztecs. The word tomato comes from the Aztec tomatl, literally “the swelling fruit”. After the Spanish colonized the Americas they distributed the tomato throughout their colonies in the Caribbean. They also took it to the Philippines. From there it spread to southeast Asia and the entire Asian continent. The Spanish also brought the tomato to Europe where it grew easily in Mediterranean climates. The earliest discovered cookbook with tomato recipes was published in Naples in 1692, though the author had apparently obtained these recipes from Spanish sources. The tomato is now grown worldwide for its edible fruits, with thousands of cultivars selecting for varying fruit types, and for optimum growth in differing growing conditions.

Summer Income

I used to work all summer for a neighbor thinning beets. My neighbor used to give me a little more for thinning beets because I did it well, and that made me proud. We got about 8 cents a row. I got 9 cents and we’d try to make a dollar a day. -Heber Whiting

Cellar Supplies

Yes, we had a cellar under the house. My wife, she was always putting up stuff to eat—gooseberries or something, anything she could find. She’s pretty good, you know. If you don’t think so, go down in the basement and look and see what she’s got down there. -Pierce Hardman, North Logan

(Excerpts from Bounty, A Harvest of Food Lore and Country Memories from Utah’s Past by Janet Alm Anderson)
**Double Tomato Bruschetta**

**Ingredients**
- 6 roma (plum) tomatoes, chopped
- 1/2 cup sun-dried tomatoes, packed in oil
- 3 cloves minced garlic
- 1/4 cup olive oil
- 2 tablespoons balsamic vinegar
- 1/4 cup fresh basil, stems removed
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 French baguette
- 2 cups shredded mozzarella cheese

**Directions**
- Preheat the oven on broiler setting.
- In a large bowl, combine the roma tomatoes, sun-dried tomatoes, garlic, olive oil, vinegar, basil, salt, and pepper. Allow the mixture to sit for 10 minutes.
- Cut the baguette into 3/4-inch slices. On a baking sheet, arrange the baguette slices in a single layer. Broil for 1 to 2 minutes, until slightly brown.
- Divide the tomato mixture evenly over the baguette slices. Top the slices with mozzarella cheese.
- Broil for 5 minutes, or until the cheese is melted.

**Tunisian Kaftaji**

**Ingredients**
- 2 zucchinis, thinly slices
- 2 yellow squash, thinly sliced
- 3 tomatoes, chopped
- 3 potatoes, peeled and cut into strips
- 2 hot chili peppers, chopped
- 5 eggs
- salt and pepper to taste
- 2 1/2 tablespoons harissa
- 1 tablespoon water, divided

**Directions**
- Heat a nonstick skillet over medium heat. Cook the zucchini, yellow squash, tomatoes, potatoes, and chili peppers, stirring occasionally until the vegetables are tender, about 20 minutes.
- Transfer the vegetables to a bowl and set aside. Return the skillet to the burner over medium heat. Crack the eggs into the skillet and fry them until the whites are set but the yolk is still runny, about 5 minutes. Add the eggs to the bowl of vegetables and season with salt and pepper. Using two knives, cut into the eggs and vegetables, mincing the mixture up into small pieces until well blended. It will look mushy.
- In a separate bowl, mix the harissa with water, one teaspoon at a time, until the mixture is pourable but still thick. Pour the harissa over the kaftaji and serve.

**Basil and Tomato Dip**

**Ingredients**
- 3/4 cup sour cream
- 3/4 cup mayonnaise
- 1 tablespoon lemon juice
- 1/4 cup chopped sun-dried or fresh tomatoes
- 2 tablespoons minced fresh basil
- salt and ground black pepper to taste

**Directions**
- Stir the sour cream, mayonnaise, and lemon juice together in a bowl; whisk the tomatoes and basil through the sour cream mixture. Season with salt and pepper. Cover the bowl with plastic wrap and chill in refrigerator at least 1 hour.

**Tomato and Couscous Salad**

**Ingredients**
- 2 cups vegetable stock
- 1 tablespoon extra-virgin olive oil
- 1 cup pearl (Israeli) couscous
- 1/2 cup packed fresh basil leaves
- 1/4 cup flat-leaf parsley leaves
- 1 clove garlic, crushed
- 1 tablespoon chopped fresh oregano
- 1 tablespoon chopped fresh thyme
- 1/2 cup pitted green olives
- 4 heirloom tomatoes, quartered
- 15 cherry tomatoes, quartered
- 1 English cucumber, cubed
- 1/2 small red onion, thinly sliced
- 1 cup crumbled feta cheese
- 1/4 cup white balsamic vinegar
- 1/2 cup extra-virgin olive oil
- 1 lemon, juiced

**Directions**
- Bring the vegetable stock to a simmer in a saucepan over medium heat. Heat 1 tablespoon olive oil in a skillet over medium heat.
- Stir in the couscous and cook and stir until golden brown, about 10 minutes. Stir the toasted couscous into the hot vegetable stock and return to a simmer. Cover and cook until the stock has been absorbed into the couscous, about 15 minutes. Scrape into a mixing bowl, fluff with a fork, and allow to cool to room temperature.
- Place the basil, parsley, garlic, oregano, thyme, and olives into a food processor; pulse until the herbs are coarsely chopped. Slowly drizzle the herb mixture into the couscous along with the heirloom tomatoes, cherry tomatoes, cucumber, red onion, and feta cheese. Drizzle with the vinegar, 1/2 cup olive oil, and lemon juice. Stir until evenly combined.