



Seasonal Eating

Tomatoes

TIPS, BENEFITS AND RECIPES FOR
LATE-JULY FARMERS MARKET FINDS

Recipe for Bruschetta

4 large diced tomatoes (or 6 medium)
1 finely diced red onion
1/2 teaspoon finely chopped garlic
1/4 ounce chopped fresh basil
1 tablespoon kosher salt (or to taste)
1/2 tablespoon pepper (or to taste)
1 ounce white balsamic vinegar
1 cup extra virgin olive oil (plus more for toasting of baguette)
1 baguette

Combine all ingredients - add oil as your final ingredient. (Olive oil will coat the tomatoes and not let seasonings soak in). Allow to stand for at least one hour before use. Makes 3 cups tomato mixture.

Preheat oven to 425 °F. Slice baguette at an angle, making 1/2 inch thick rounds. Brush both sides with olive oil. Sprinkle one side with salt and pepper. Bake for 10 minutes or until lightly toasted. Spoon tomato mixture onto rounds.

(Adapted from Green Valley Grill's Tomato Salsa for Bruschetta recipe)

Benefits of eating tomatoes:
Nutrient-dense superfood.
Excellent source of vitamin C, fiber, potassium, folate, vitamin K and lycopene.

(www.berkeleywellness.com)



Tips for selecting tomatoes:
Usually red when mature, but tomatoes come in a variety of colors (yellow, orange, green and purple). Look for plump, heavy tomatoes with smooth skins. Fully ripe tomatoes are soft, yield to the touch and are fragrant.