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September 15, 2010

Rockville Market Farm

News From the Farm

In your vegetable box this week:

Small Share

- ❖ Sweet corn
- ❖ Butternut squash
- ❖ Melons
- ❖ Arugula
- ❖ Green Tomatoes
- ❖ Onions
- ❖ Garlic
- ❖ Red Chard

Large Share

- ❖ Sweet corn
- ❖ Butternut squash
- ❖ Melons
- ❖ Arugula
- ❖ Green Tomatoes
- ❖ Onions
- ❖ Garlic
- ❖ Spinach



We've been busy harvesting winter squash and cleaning out the first of the tomato greenhouses. The winter squash goes into the storage barn and is also starting to hit the local market. The greenhouses will eventually get planted to spinach and other cold hardy crops. One of the larger greenhouses will also house our laying hens later this winter.

When we clean out the greenhouses, we harvest the nice big green tomatoes before the plants get pulled. We usually try to include green tomatoes in the boxes in the early summer because we get overly anxious about the new crop coming in, but now is a great time for green tomatoes, because who doesn't love fried green tomatoes? It's a little late but we've included them in this week's box, hope you enjoy.

The South Burlington 6th grade class will be spending an afternoon on the farm this Thursday, helping to harvest winter squash and learning about animals and farming in general. We are really excited by the interest in local purchasing by the school system. The local food fever is spreading—we've been making regular deliveries to Mount Abe High School, Robinson and Lincoln Elementary Schools. The tide is turning.





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Share the Harvest!!!



There are so many recipes for fried green tomatoes on the web. Some call for breadcrumbs, some for corn meal and some for crushed saltines. I've made them with straight up corn meal and they were delicious, but next time I'm going to try adding some breadcrumbs. Hope you like them!

Ingredients

3 or 4 large green tomatoes
2 eggs
1/2 cup milk
1 cup all-purpose flour
1/2 cup cornmeal
1/2 cup bread crumbs
2 teaspoons coarse kosher salt
1/4 teaspoon ground black pepper
vegetable oil to fill pan 1/2 inch

Directions

Slice tomatoes 1/2 inch thick. Discard the ends. Whisk eggs and milk together in a medium-sized bowl. Scoop flour onto a plate. Mix cornmeal, breadcrumbs and salt and pepper on another plate. Dip tomatoes into flour to coat. Then dip the tomatoes into milk and egg mixture. Dredge in breadcrumbs to completely coat. In a large skillet, pour vegetable oil (enough so that there is 1/2 inch of oil in the pan) and heat over a medium heat. Place tomatoes into the frying pan in batches of 4 or 5, depending on the size of your skillet. Do not crowd the tomatoes, they should not touch each other. When the tomatoes are browned, flip and fry them on the other side. Drain them on paper towels.

