

Upcoming
Market Demos
& Events

Sept. 17th
Cooking and
Savouring
Local
Tomatoes

Sept. 24th
Waste Not;
Want Not:
Avoiding
Refrigerator
Rot

Oct. 1st
Cooking and
Savouring
Local Apples

Oct. 8th
Thanksgiving
Celebration (&
closing day)

*Choosing local
food reduces
food miles and
supports a
climate-friendly
diet; supports
local farmers,
keeps dollars
within our local
economy and
provides a
source of fresh
and tasty food.*

Caledon Farmers' Market



Fresh Local Tomatoes...

Tomatoes are a sound nutritional choice, here's why:

- contain lycopene, a phytochemical found in the red pigment of the tomatoes. Lycopene has been shown to lower your risk of cardiovascular disease.
- Low in Saturated Fat, Sodium, and Cholesterol
- High in Dietary Fiber, Vitamin A, Vitamin C, Vitamin K, Potassium, Manganese, Vitamin E, Thiamin, Niacin, Vitamin B6, Folate, Magnesium, Phosphorus and Copper

Peach, Red Pepper and Tomato Brushchetta

By Jennifer MacKenzie, P.H.Ec.
www.jennifermackenzie.ca

The sunny summer flavours of peaches and red peppers give new life to this favourite appetizer. Assemble just before serving for the best texture or, serve the bread separately with the topping in a bowl and allow guests to build their own.

1 tbsp (15 mL) olive oil
1 clove garlic, minced
1 small red pepper, diced
2 peaches, diced
1 cup (250 mL) diced seeded tomatoes (Roma or grape)
1 tbsp (15 mL) red wine vinegar
2 tbsp (25 mL) chopped fresh basil
Salt and freshly ground pepper
1 baguette, sliced on the diagonal

1. In a skillet, heat oil over medium-high heat. Add garlic and red pepper and sauté for about 2 minutes or until tender and fragrant. Transfer to a bowl and let cool.
2. Stir in peaches, tomatoes, vinegar and basil. Season with salt and pepper to taste. Marinate for 30 minutes before serving or cover and refrigerate for up to 8 hours.
3. Before serving, bring peach mixture to room temperature. Lightly toast baguette slices on both sides, if desired. Spoon peach mixture on top of toasts. Makes about 30 pieces

www.caledon.ca/farmersmarket

Every Thursday 3:00 to 8:00pm | June 18 to October 8 | Albion Bolton Community Centre

Green Tomato Salsa

Adapted From The Complete Book of Pickling, by Jennifer MacKenzie (Robert Rose, 2009)

Rather than being disappointed that tomatoes didn't ripen, take advantage of their firm texture and tangy flavor and turn them into a delicious salsa. This is a recipe shared with me by Eric Boudrias, a chef who worked at the café I co-own, Nuttshell Next Door, and his mom Kate. By the way, it's not for the timid palate!

Makes about eight pint (500 mL) jars

13-1/2 cups	very finely chopped green tomatoes (about 6 lbs/3 kg)	3.375 L
3-1/2 cups	very finely chopped red onions (about 1-1/2 lbs/750 g)	875 mL
3 cups	very finely chopped red bell peppers (about 1-1/2 lbs/750 g)	750 mL
1 to 1-1/2 cups	finely chopped jalapeño peppers (8 to 12)	250 to 375 mL
1/3 cup	finely chopped garlic (about 1 large head)	75 mL
3 tbsp	pickling or canning salt	45 mL
1-1/2 cups	red wine vinegar	375 mL
1/3 cup	freshly squeezed lime juice (about 2)	75 mL

1. In a large pot, combine green tomatoes, red onions, red peppers, jalapeños to taste and garlic. Bring to a boil over medium-high heat, stirring often. Reduce heat and boil gently, stirring often, for about 1-1/2 hours or until reduced by about one-third.
2. Meanwhile, prepare canner, jars and lids (according to book pages 7,8 or jar manufacturer's directions).
3. Stir salt, vinegar and lime juice into salsa and boil gently, stirring often, for about 5 minutes or until salt is dissolved and flavors are blended.
4. Ladle hot salsa into hot jars, leaving 1/2 inch (1 cm) headspace. Remove air bubbles and adjust headspace as necessary by adding hot salsa. Wipe rim and place hot lid disc on jar. Screw band down until fingertip-tight.
5. Place jars in canner and return to a boil. Process for 20 minutes. Turn off heat and remove canner lid. Let jars stand in water for 5 minutes. Transfer jars to a towel-lined surface and let stand for 24 hours. Check lids and refrigerate any jars that are not sealed.

Tips

- Eric and Kate recommend using a food processor to chop all of the vegetables for this salsa. Process each vegetable, in batches as necessary, until finely chopped but not puréed, then measure the volume.
- To avoid burns, wear disposable rubber gloves when handling hot peppers and be sure to wash all utensils and the cutting board well after preparing them.