

Hearn Kirkwood's Specialty Produce

Where Freshness Is Always In Season

Week of September 26, 2011

"Heirloom Tomatoes"

Their intense, juicy, flavor, natural color and beauty are out of this world! Varying widely in size, shape, color and taste, heirloom tomatoes are quite different in appearance from common tomatoes. Most are fragile, with few seeds, meaty flesh and a thin skin. This thin skin, however, is what gives the tomato a higher sugar content and excellent flavor.



Item #	Description	Pack Size
#487	Tomato Heirloom	1/10 lbs.
#264	Tomato Baby Heirloom	12/10 oz.
#2041	Tomato Cherry Yellow	1 flat
#402	Tomato Kumato	10 lbs.

Item #	Description	Pack Size
#1308	Pluots ~ <i>Cross between an apricot and plum</i>	1/20 lbs.
#1317	Pear Asian LOCAL	½ bushel
#2200	Broccoli Rabe (Rapini)	20 lbs.
#2088	Fresh Figs	flat

Item #	Description	Pack Size
#2078	<i>Edible Nasturtiums</i>	50 ct.
#2077	<i>Edible Pansies</i>	50 ct.
#2255	<i>Edible Orchids</i>	100 ct.

Availability Subject to Harvest & Weather Conditions

Pack Sizes & Sizing may vary. Quantities may be limited. Please call for current pricing.

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410-712-6000 or 301-621-2992



Storing Ripe Tomatoes: NEVER REFRIGERATE FRESH TOMATOES! Cold temperatures make the flesh of a tomato pulpy and destroys the flavor. Always store tomatoes at room temperature stem-end down. This prevents air from entering and moisture from exiting its scar, prolonging shelf life.

How To Ripen Tomatoes: To ripen, place green or unripened tomatoes in a brown paper bag and place in a dark spot for three or four days, depending on the degree of greenness. The bag will trap the fruit's ethylene gas and encourage ripening. Do not put tomatoes in the sun to ripen - this softens them.

Preparing Tomatoes: The Right Knife: A serrated knife makes slicing through the skin easier. This way you don't inadvertently mash your tomatoes when slicing. If you are using a straight blade, make sure it is very sharp.

To Seed or Not To Seed: If the seeds and skins won't be noticeable in a dish, keep them in. If you are making a smooth sauce, you can always strain out the seeds and skins later as the skins and seed will add flavor. The flavors of a tomatoes are not just in its flesh, as the skin has a slight bitterness, while the flesh contributes the sugars and amino acids, and the jelly and juice surrounding the seeds contribute acidity. However, the seeds and surrounding jelly will contribute liquid to the dish you are using it in, which can make uncooked dishes, such as salsa, too watery. The tomato skins also have a way of curling up into tough little bits when they are cooked.

How To Seed Tomatoes: Cut them in half lengthwise, then use your fingers to scoop out the seeds. Give the tomato a gentle squeeze to remove any stragglers. NOTE: You can also strain out the seeds and use the liquid and jelly in your recipe. In that case, scoop the seeds into a fine-mesh sieve set over a bowl to catch the juices.

