

Perfect For Preserving



Photo by David Cavagnaro

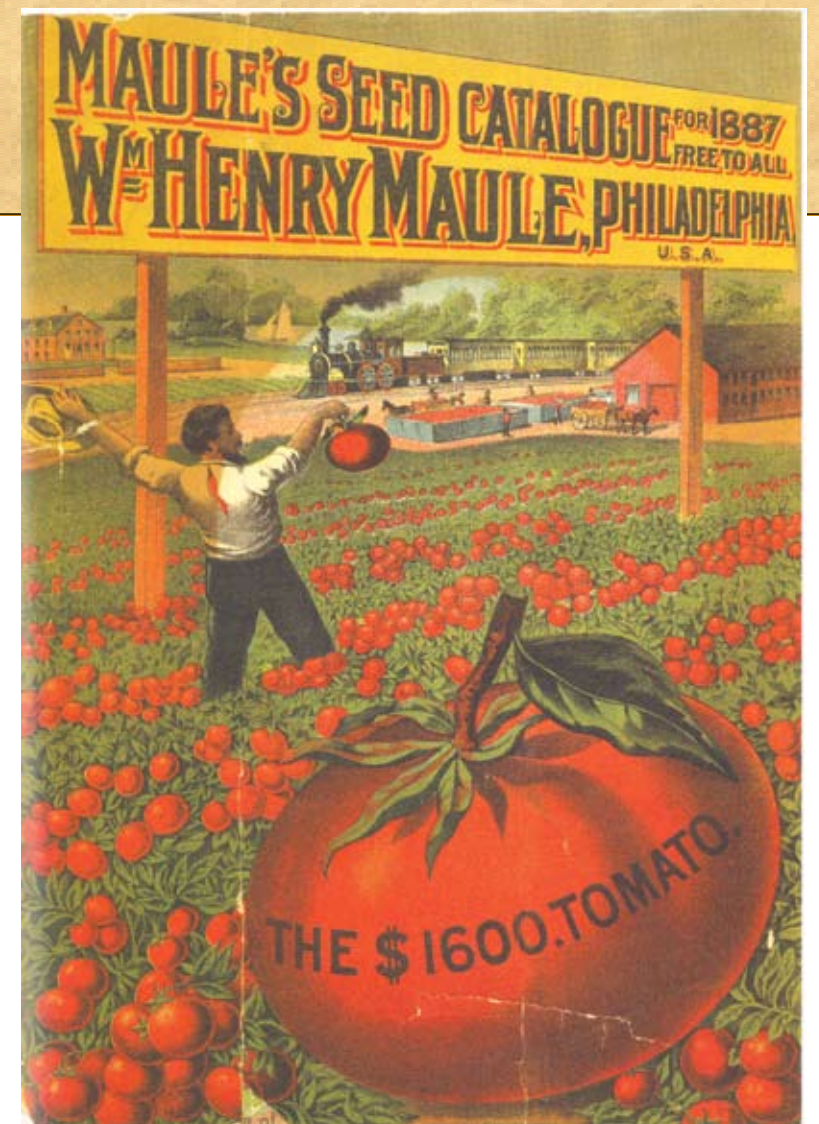
grated, peel, and boil out
ripe tomato preserves.
Seven pounds round yellow to-
matoes peeled. Seven pounds
sugar and juice of three le-
mons. Soak them stand togeth-
er over night. Drain off the
syrup and boil it. Skimming
well. Put in the tomatoes and
boil gently twenty minutes. Take
out the fruit with a perfora-
ted skimmer, and spread
upon dishes. Boil the syrup
down until it thickens, ad-
ding just before you take up
the pieces of three lemons. Put
the fruit into the jars and fill
up with hot syrup. When cold
Seal in.

This 1884 recipe from Mrs. Lincoln's Boston Cook Book describes how to preserve tomatoes by canning. We still use the same basic methods today.

Who Wants to Eat a Wolf Peach?

According to German folklore, witches used tomatoes and other plants of the nightshade family to conjure up werewolves. Tomato's scientific name, *Lycopersicon*, literally means "edible wolf peach". Once thought to be poisonous, by 1830 the popularity of tomatoes had skyrocketed and they were widely cultivated as food crops.

Heirloom tomatoes come in a wide range of colours, delicious flavours and textures. Some mature quickly in areas with short growing seasons while others resist disease or drought.



The kitchen gardener in the late 1800s would choose the variety that best suited their needs; for eating fresh, making sauces, drying, pickling or canning.

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