



“Don’t eat anything your great-grandmother wouldn’t recognize as food.”

~Michael Pollan~

## Tomato color can alter the taste?????

According to [www.bonnieplants.com](http://www.bonnieplants.com), the size, color, and amount of foliage on the tomato plant can make tomatoes taste different from one another.

- **Size of fruit.** Cherry and grape tomatoes reach higher sugar concentrations than full-size tomatoes, so they taste sweeter.
- **Color of fruit.** Different pigments in tomatoes tend to produce different balances of sugars and acids. For example, orange or yellow tomatoes often taste milder and less acidic than red tomatoes. Some black tomatoes—created from the mixture of green and red pigments—have a reputation of having complex flavor (which some people love and others don’t). It’s not necessarily that a yellow tomato is less acidic than a red or black tomato, but that the combination of sugar and acid levels, as well as other compounds, makes for a milder taste.
- **Foliage.** A lot of leaves can capture a lot of sunlight, so a plant with dense, healthy foliage can convert more sunlight into sugars and other flavorful components. Heirloom varieties have a greater percentage of leaf than do market-ready hybrids, which may partially explain their flavorful.

## This week’s CSA share contains:

- Beefsteak Tomatoes
- Black Summer Bok Choy
- Assorted Summer Squash
- Assorted Cucumbers
- Yellow Onion
- Yukon Gold Potatoes
- Rainbow Cherry Tomatoes
- Green Bell Pepper
- Red Hot Flame Pepper
- Cabbage
- Lemon or Purple Italian Basil
- Music Garlic



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Here is a recipe that incorporates cherry tomatoes, hot pepper, onion, squash, and basil from this week's CSA share!

## Quinoa with Garlic Roasted Cherry Tomatoes and Chickpeas

Total Time: 40 Mins.

Servings: 2-4



### Ingredients

- |   |                                |
|---|--------------------------------|
| 1-cup dry quinoa                          | 1-pint cherry tomatoes, halved |
| 2 cups cooked chickpeas, or 1 can drained | 1 Tbsp. olive oil              |
| 1 head garlic                             | salt and pepper                |
| 1 Tbsp. balsamic vinegar                  | ½ onion, chopped finely        |
| 1 red flame hot pepper, deseeded, chopped | 1 summer squash, chopped       |
| 1-2 Tbsp. chopped fresh basil             |                                |

### Preparation

1. Preheat oven to 375°F. Toss all the tomatoes, chickpeas, squash, garlic, onion and hot pepper in the olive oil and a generous sprinkle of salt and pepper.
2. Transfer the tomato mixture to a parchment-lined baking sheet. Roast for 15-25 minutes, or until the tomatoes have browned and collapsed.
3. While the tomatoes are roasting, cook the quinoa.
4. Combine the quinoa with the tomato mixture in a large bowl. Add the balsamic vinegar and basil.