



Are Tomatoes Fruits or Vegetables? Actually, They're Both



Vegetables encompass all other edible parts of a plant that aren't fruit, including roots, tubers, stems, and leaves. Potatoes, carrots, greens, fennel bulbs, and onions are examples of true vegetables.

So why was it so important that tomatoes be defined legally as a vegetable? Well, back in 1883, a tariff was put in place to protect domestic vegetable growers by taxing imported vegetables.

In 1886, the plaintiffs (Nix) imported some tomatoes from the West Indies. The collector of the port of New York (Hedden) imposed a duty on the tomatoes, which he considered vegetables. The plaintiffs paid the duty under protest and sued Hedden, arguing that tomatoes are botanically a fruit and therefore should not be taxed as a vegetable.

The case eventually ended up in the Supreme Court. The justices decided that while tomatoes fit the botanical definition of fruit, consumers think of tomatoes as vegetables and that is how they should be legally defined.

This plant has a very interesting history with the law. You made a spot for tomatoes in your garden this year, but if you're wondering if that counts as a vegetable patch, it depends whom you ask.

is extended to the ripened ovary and seeds together with any structure with which they are combined.

To illustrate this definition, let's focus on a fruit more commonly recognized as such: the apple. Botanists consider an apple core a fruit because it is a ripened ovary containing seeds. But using the looser definition of fruit, an entire apple (the core and the flesh surrounding the core) is also considered a fruit.

The U.S. Supreme Court ruled in 1893 in the case Nix v. Hedden that tomatoes count as vegetables — despite the botanical fact that they're fruits. The Concise Oxford Dictionary of Botany provides two definitions for fruit:

Strictly, [it's] the ripened ovary of a plant and its contents. More loosely, the term

Common garden "vegetables" that actually count as fruit include cucumbers, squash, peppers, and yes, tomatoes.

Doctor reveals the one vegetable you need to eat

If you fail to eat enough vegetables, this may be welcome news. According to a doctor in the UK, you only need to be eating one type of veggie to boost your health.

Dr. Rangan Chatterjee, the author of "The Four Pillar Plan" and a correspondent on the BBC program "Doctor in the House," says there is only one vegetable people really need to eat — broccoli. "Broccoli is a lifesaver," he wrote in a recent article for The Daily Mail.

Chatterjee claims the common green vegetable boosts people's gut bacteria, which helps to support their immune systems and improves their bowel health.

"It does a number of things," he said.

"As it goes through the small intestine it helps to balance your immune system. And then the fiber from the broccoli that can't be digested goes along to the colon, which is the last part of the bowel, where most of the gut bugs reside and they start feasting on the fiber and making short chain fatty acids."

Broccoli belongs to the cruciferous vegetable family, which includes kale, cauliflower, Brussels sprouts, bok choy, cabbage, collard greens, rutabaga and turnips. These nutrition powerhouses supply loads of nutrients for few calories.

The vegetable has been praised for its cancer-fighting powers in the past. Eating a high amount of cruciferous vegetables has been associated with a lower risk of cancer, particularly lung and colon cancer. Researchers have found that sulforaphane, the sulfur-containing compound that gives cruciferous vegetables their bitter bit, can inhibit the enzyme histone deacetylase (HDAC), known to be involved in the progression of cancer cells.

Poor vitamin K intake is linked with a higher risk of bone fracture. Just one cup of chopped broccoli provides 92 micrograms of vitamin K, well over 100 percent of your daily need.

Consuming an adequate amount of vitamin K improves bone health by improving calcium absorption and reducing urinary excretion of calcium. Broccoli also contributes to your daily need for calcium, providing 43 milligrams in one cup.

MONTHLY RECIPES



1700's Colonial Foods Mary Randolph's Potato Balls

2 lbs. russet potatoes
1 egg plus 1 yolk
1 cup vegetable oil
flour or seasoned bread crumbs

1. Boil potatoes with the skin on until tender. This will retain the starch in the potato and make it hold together better.
2. Drain potatoes and allow to cool slightly before mashing.
3. Add egg yolk to mashed potatoes and mix well with a fork to incorporate. Season with salt and pepper.
4. As this is a very sticky mixture, the easiest way to form the balls is to coat your hands with flour. Then, taking a tablespoon of the mixture at a time, shape into balls and dredge in a dish of flour.
5. Beat the remaining egg. Dip potato balls in the egg, then roll them in bread crumbs to coat.
6. After all balls have been coated, place in refrigerator for 15 minutes up to an hour.
7. Potato balls can be baked in a 350 degree oven for approximately 10 to 15 minutes until lightly browned. Or, for a better flavor, fry in vegetable oil until lightly browned.



Pepper Pot Soup

1 package spinach or collard greens
1 tablespoon cooking oil
6 potatoes
3 quarts water or stock
1 ham hock or 5 oz. sliced salted pork (Boil first to get rid of the excess salt)
1½ pounds stew beef
½ of a medium sized African yam*
2 plantains
2 long red peppers or one Scotch bonnet pepper
1 tablespoon black pepper
1 cup cooked rice

Small dumplings (1 cup cornmeal, 1 cup flour, ½ stick of butter worked in to dry ingredients; add a cup of water and roll the dough into small marble sized balls)

Optional: 1 cup of pickled crab meat, garlic, onions, pickled peppers

1. Start by adding the salted pork to a small pan filled with water and bring to a boil for 30 minutes, remove the pork and set it aside.
2. In a large stock pot heat the oil and fry the beef. Then add the water.
3. Chop the spinach or collards to a size you like and add them to the pot. Then add the yam and potatoes, plantains and salted pork. Add the peppers and bring to a boil. Let simmer for at least two hours.
4. The last 30 minutes add the dumplings and the crab (if using).
5. Remove the ham hock and serve over rice.

Note: African yams are not sweet potatoes. They can be found in Asian, or ethnic markets, as well as certain chain super markets. If you cannot find yams substitute white potatoes.

Puffed Eggs

1. Take as many egg as you like and separate the egg whites from the yolks. Leave the egg yolks in the half-shell.
2. Beat the egg whites until stiff.
3. Heat the frying pan with the fat of your choice—yes, we prefer lard for this recipe.
4. Place a mound of egg whites in the pan and use your finger to make it circular if you wish. With your finger, then make a small indentation in the middle of the whites.
5. Slip the yolk in the middle and turn it. Cook for the level of doneness you prefer.

Samp Cakes

Samp cakes have been a staple for Natives and Settlers for as long as corn has been around. This recipe has been found all over the Americas in different forms but it is foundationally the same recipe.

Cornmeal
Water
Dried Raspberries (optional)

1. Mix your cornmeal with just enough water to make a thick paste. Add in dried raspberries or other dried fruit to taste.
2. You can cook these in two ways. The first is to wrap it securely in green leaves and place on the hot ashes of your fire for about 5 minutes, flipping halfway through. When your cake is firm it is done. The second is to bring a pot of water to a heavy rolling boil. Roll your cakes into a ball about the size of a golf ball and drop them into the pot. When your cake first goes in it will drop to the bottom, when it is ready to eat, it will float to the top. These cakes taste nice dipped in maple syrup or as a side dish to any meal.

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