



What's still Growing

I know, I know, the pumpkins are coming, the pumpkins are coming - AND I needed one last hurrah for this godly fruit. I would like to draw your attention to the photo on the right. **This of course is no ordinary tomato.** It's the sweet fruit of a plant tended since spring, from seedling through sprout, meticulously watered with rain and spout, pruned with precision to grow strong, and bravely saved from becoming a premature snack of a ravenous squirrel. She grew to softball size. She was lovingly observed and turned on my sunny sill until perfectly speckled with juicy sweetness and penetrating color, now ready for that first bite of living light, loving nourishment, with a speckle of salt from the sea, a drop of her sweet juice running down your chin as you close your eyes and feel her medicine.

How nutritious is it?

Tomatoes are LOADED with vitamins, minerals, and lycopene (which we need) and are part of the nightshade family of plants (only a few nightshade fruits are edible). In addition to the mighty tomato, this particularly controversial group of plants includes regular potatoes (not sweet potatoes), tomatillos, peppers (including spices made from peppers like paprika and cayenne for example, and pimientos usually residing in a nice stuffed green olive), eggplant (main ingredient in babaganoush), goji berries, and yummy groundcherries. Non-edible nightshades we regularly find are the leaves of beautiful tobacco, and root of ashwagandha. Belladonna is a deadly nightshade; beautiful, and toxic, and her lore reaches far beyond this nibble. Nightshades also contain alkaloids - plant compounds that some people are more sensitive to than others, hence their bitter sweet place in the land of nutrition. Other plants that contain alkaloids? Plants with caffeine (a natural alkaloid); Coffee and cacao beans - and green tea leaves - leaving some curious anecdotal evidence why some people are more sensitive to caffeine than others. hm. The environmental working group tests produce for pesticide residue, and for 2026, the tomato was about mid-way on their list. I always recommend in-season and organic when possible, and with the tomato, conventional is okay when washed well.

What to do with these cuties?

The possibilities here are endless of course. Chop them up and saute with onion, garlic, and fresh basil for the BEST pasta sauce (according to my very Italian hubby). And my **favorite** summer treat is this simple, juicy and sweet side salad I grew up eating (thanks mama).❤️ Simply slice some local farm fresh heirloom tomatoes, and just before serving, top with sliced scallion, olive oil, fresh pepper, and flake salt.

In your life; *Saying good-bye is never easy. And even though I knew it would end, this summer dance...as Garth Brooks sings, I could have missed the pain, but I would have had to miss the dance. Till summer my sweet love, I bid you adieu.*

❤️
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Local Growing Season
Weekly Nibble #54
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tune-in.

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