

1981

Maine Produces Tomatoes

Maine Department of Agriculture

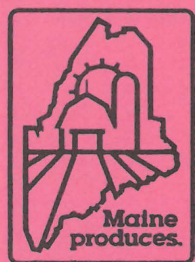
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MAINE PRODUCES tomatoes



There is simply nothing like a fresh Maine tomato, available starting August 1.

HOW TO CHOOSE

Tomatoes which have the best taste are those which have been allowed to ripen completely before being picked. Choose fully ripe tomatoes which are unblemished, slightly soft, with an overall rich red color. If you want tomatoes which are slightly less than fully ripe, they should be firm and range in color from pink to light red.

Green tomatoes are perfect for pickles and relishes.

HOW MUCH TO BUY

One pound of tomatoes, or 3 to 4 small tomatoes, gives about 1-1/2 cups of cooked tomatoes. 2-1/2 to 3-1/2 pounds will make 1 quart canned tomatoes.

HOW TO STORE

Fully ripe tomatoes should be kept uncovered in the refrigerator where the cold will inhibit the ripening process.

To ripen, spread out tomatoes in an area at 60-70 degrees but away from bright light.

NUTRITIONAL INFORMATION

Tomatoes are an excellent source of Vitamin C and a fair source of Vitamin A.

	Raw (1 tomato)	Cooked (1 cup)
Calories	40	63
Protein	2.0 grams	3.1 grams
Fat	.4 grams	.5 grams
Carbohydrate	8.6 grams	13.3 grams
Sodium	5 milligrams	10 milligrams

HOW TO PREPARE

Fresh tomatoes are spectacular raw. If you wish to peel them, loosen the skin by rubbing it with the dull edge of a knife, or dip the tomato in boiling water for a minute and then submerge it in cold water.

TO STEW: quarter tomatoes and add a little minced onion. Cover and simmer 10 minutes. Season with salt, pepper (and a bit of basil or oregano if desired). For variation, cook tomatoes with chopped celery or sliced onion (about 20 minutes), or add bread crumbs before serving.

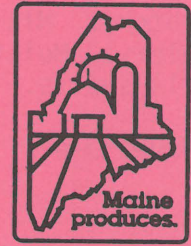
TO BROIL: cut tomatoes in half and place cut side up on broiling pan. Dot with butter, season with salt, pepper and basil. Broil 10-15 minutes until tender, topping with bread crumbs or grated cheese for the last few minutes of broiling.

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produces
Tomatoes**



SAUTEED TOMATOES

A nice way to serve this lush vegetable.

6 ripe tomatoes
4 Tbsp. oil
2 Tbsp. flour
1 Tbsp. sugar
1/8 tsp. nutmeg
1/2 tsp. salt/dash pepper
1/2 cup dry bread crumbs
4 Tbsp. fat

Wash tomatoes and cut into 1/4" slices. Marinate in oil and sprinkle lightly on both sides with mixture of flour, sugar, and seasonings. Dip again into oil, then into crumbs, and brown in fat.

Serves 6-8.

TUNA STUFFED TOMATOES

A terrific lunch; can also be made with canned or fresh salmon, crab meat, shrimp or cold chicken.

4 tomatoes
1 can tuna
2 green onions, chopped
1 stalk celery
mayonnaise
1/2 tsp. curry

Mix curry with mayonnaise. Wash tomatoes. Cut off tops, scoop out centers. Mix with tuna, onion, and celery. Moisten with mayonnaise and fill shells.

Serves 3-4.

YOUR OWN TOMATO JUICE

If you've never made your own juice, you owe it to yourself to try this.

3-3 1/2 lbs. tomatoes, perfectly ripe (for 1 quart)
3 tsp. bottled lemon juice or vinegar for each 3 1/2 lbs.
1 tsp. salt
1 tsp. sugar

Peel and core the tomatoes. Simmer in a large pan until soft, stirring often. Press through a fine sieve or strainer and return to the pan and heat to boiling. Pour or ladle the hot juice into hot pint or quart jars to within 1/2 inch of the top. Add salt, sugar and lemon juice or vinegar; clean the tops and seal as manufacturer directs. Process in a boiling water bath 10 minutes for pints, 15 minutes for quarts.

GREEN TOMATO RELISH

Serve with broiled chicken or pot roast or in place of pickle relish with hot dogs and hamburgers.

6 medium onions, chopped
1 lb. carrots, shredded
8 medium peeled, diced green tomatoes
1 quart zucchini, chopped
2 cups light corn syrup
2 cups cider vinegar
2 Tbsp. salt
1 Tbsp. ground coriander
1 1/2 tsp. ground ginger
1/2 tsp. curry powder

RUSSIAN TOMATO SOUR CREAM SOUP

Serve with a side dish of brown bread or finger sandwiches.

1 dozen fresh tomatoes
5 or 6 fresh scallions
1 tsp. salt
1 tsp. sugar
1 medium sized lemon
1 cup sour cream
1 tsp. curry powder
black pepper, marjoram, and thyme to taste

Press through a coarse sieve a dozen fresh tomatoes into a clean bowl. Add 5 or 6 fresh scallions, carefully washed, minced fine, washed again, thoroughly drained. Season with salt (about 1 tsp.) 1 tsp. of sugar, a good dash of freshly ground black pepper, same of marjoram and thyme, juice of 1 medium-sized lemon, and 2 teaspoons of grated lemon rind. Mix thoroughly. Chill for at least 3 hours, or still better, overnight. When ready to serve, stir in 1 generous cup of cold sour cream, to which has been added 1 tsp. of curry powder. Serve in chilled cups or soup plates; each dusted with a good dash of chopped parsley.

Prepare jars according to manufacturer directions. Combine all ingredients and heat to boiling; simmer 5 minutes. Spoon relish into hot jars and add additional liquid up to 1/4" from top. Clean tops of jars and seal according to manufacturer directions. Process for 10 minutes in boiling water bath. Makes 6 pints.