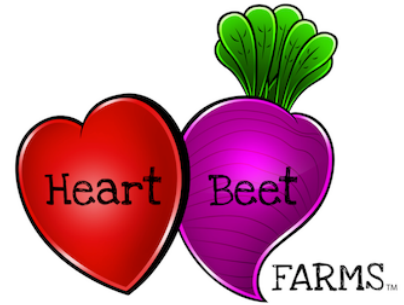


Week 7



We hope you enjoyed Week 6's CSA box & soup!

In Week 7, we are exploring the world of tomatoes. There are hundreds of varieties of tomatoes that exist. Tomatoes are great for our skin, containing a high level of lycopene. Tomatoes help to maintain strong bones as they contain a considerable amount of calcium and Vitamin K. Tomatoes provide essential antioxidants – they contain Vitamin A and C which work to neutralize harmful free radicals in the blood. Tomatoes contain Vitamin B and potassium, reducing cholesterol levels and lowering blood pressure. The Vitamin A in tomatoes helps keep our hair shiny and strong as well as improving our vision. These are just a few important reasons to include tomatoes in your regular diet! When eating your tomatoes this week, take a few minutes to really experience the different colors, patterns, and tastes & tell us about it!

Peace, Love & Veggies,

Ann & Jen

Weekly Soup or Sauce: **Roasted Tomato & Kale Soup**

Ingredients

- Roasted Tomatoes
- Sautéed Kale
- Yellow Onion
- Olive Oil
- Salt & Pepper
- Chicken broth stock



**Recipe by Healthy Living Networking*

What else is included in your box this week?

- Cabbage
- Kale
- Arugula
- Radishes
- Beets
- String Beans
- Tomatoes
- Peppers

Recipe Idea:

Farm Fresh Bruschetta

Ingredients:

3-4 tomatoes (diced small); 1 clove garlic minced; ½ cup fresh basil chopped fine; 2 tablespoons olive oil; 1 tablespoon red wine vinegar; ½ teaspoon salt and pepper

How to Make It:

1. Dice tomatoes about ¼" and lightly drain.
2. Mix all ingredients and let stand at room temperature for 1 hour.

WHAT DOES HEIRLOOM MEAN?
Age, pollination and quality set heirloom produce apart from commercially grown produce. Heirloom seeds are passed down through generations, at least 50 years. Heirloom veggies are open pollinated – pollination happens naturally with no assistance. And the most important differentiator is taste – the bold taste of an heirloom veggie is unmistakable. **But keep in mind one critical thing, heirloom produce may not be grown organically!**

heartbeetfarms.com

Link to our  **Pinterest** for recipes