



BIG B GROCERY

**YOUR LOCAL MEAT STORE
"AMERICAN OWNED AND OPERATED"**

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BIG B KNOWS WHAT IT TAKES TO FEED A FAMILY

DO NOT THROW AWAY THOSE GREEN TOMATOES!!!!

HOW TO RIPEN GREEN TOMATOES

SUN DRIED TOMATOES

SHAKEABLE TOMATO POWDER

RECONSTITUTED TOMATO PASTE

TOMATO SOUP

CANCER FIGHTERS

RIPENING GREEN TOMATOES

there is a way to save the remainder of your unripe crop. Pick your large or largest mature tomatoes, which will be showing stages of ripening; pale green or showing some blush. Pick the best fruit, the ones without cracks or blemishes. Use the others for relishes or fried tomatoes, or whatever you prefer. Take the candidates you have chosen and spread newspaper out on a surface where they will not be in the way. The surface and room should be cool but not cold. Place the fruit blossom side down and cover with a piece of newspaper. Continue the process and layer them like this between sheets of newspaper. As they ripen pull them out and use them as you wish. Your green tomatoes will last a while this way. Leave them on the vine as long as possible but be careful to save them from the frost.

“SUN DRIED” TOMATOES

honestly, they are not sun dried. However your dehydrator or oven can do a job that will give you a product that is as good as and much cheaper than buying them at the market. In all likelihood the store bought sun dried tomatoes are not at all but commercially done the way you are doing them.

High acid, full flavored tomatoes like San Marzano and Royal Chico are best for drying; low acid ones turn black when dehydrated. Use only dark red tomatoes with meaty walls. (Pink and yellow skinned tomatoes are normally very low acid)

1. Wash the tomatoes and remove the stems.
2. To remove the skins, dip the tomatoes in boiling, then immediately in cold water. The skins should just slip off.
3. Cut larger tomatoes $\frac{1}{4}$ " slices and halve the cherry variety. If you have an excess of low acid tomatoes that you'd like to dry, puree them in a blender and add 1 tablespoon lemon juice or vinegar to each quart.
4. Dry at 145 F until leathery or brittle. For puree, line trays with Teflex© Sheets, kitchen parchment paper or plastic wrap before pouring.

Note: Chop dehydrated tomatoes for chili, soups, stews and vegetable dishes. The dry puree can be powdered and converted into tomato paste or sauce; this is a good way to make use of leather that has turned too thin and brittle.

TOMATO POWDER

Place dried slices or leather into a blender, coffee grinder or food processor

and blend into a fine powder. This will keep in a sealed jar for months. Use it in dishes from soups to salads to meatloaf.

RECONSTITUTE – (TO 1 CUP OF DRIED TOMATO POWDER ADD THE FOLLOWING)

Paste: 1 3/4 cup water and 1/2 teaspoon sugar.

Sauce: 3 cups water and 1/2 teaspoon sugar.

Juice: 3-5 cups water to desired thickness.

Soup: 3/4 cup water, 1/2 cup dry milk. Season to taste

CANCER FIGHTERS

(Taken from whfoods.com) in the area of food and phytonutrient research; nothing has been hotter in the last 5 years than studies on the lycopene in tomatoes. This carotene found in tomatoes (and everything made from them) has extensively been studied for its antioxidant and cancer fighting properties. The antioxidant function of lycopene – its ability to protect cells and other structures in the body from oxygen damage – has been linked in human research to the protection of DNA inside of white blood cells. Prevention of heart disease has been shown to be another antioxidant role played by lycopene.

In contrast to many other food phytonutrients, whose effects have only been studied in animals, lycopene from tomatoes has been repeatedly studied in humans and found to be protective against a growing list of cancers. These cancers now include colorectal, prostate, breast, endometrial, lung, and pancreatic cancers.”