



Tomato

How to Prepare

A good tomato is a satisfying conclusion to a gardening season. This unlikely crop can be found in Yellowknife gardens despite the many factors stacked up against it. The long growing cycle means you likely need to start it indoors, and the plant is very susceptible to frost, requires relatively rich soil conditions, and needs to be protected from wind and pests. But despite all of these deterrents, people still grow tomatoes in the North. That's because few things compare to the taste of a fresh, ripe tomato right off the vine.

Tomatoes are excellent raw, cooked into sauce, roasted, baked, sundried, and more. They're popular in many regions of the world. They come in many varieties, sizes, shapes, and colours. Different varieties have slight differences in flavour, texture, liquid content, and acidity, but they all share a bright, beautiful, recognizable flavour.

At home, avoid storing your tomatoes in the fridge. Tomatoes that become too cold will lose their flavour. Instead, store them at room temperature, away from direct sunlight. To help ripen green tomatoes, store them in newspaper or a paper bag.

Try Using Tomatoes:

- In salads like Caprese;
- In salsa or pico de gallo;
- In pasta sauce or marinara;
- On toast with bacon or cheese;
- With olive oil and balsamic;
- In a Full English Breakfast;
- Marinated with beets;
- Roasted with garlic and onion;
- With avocado or cucumber;
- Stuffed and baked;
- In a tart with ricotta / mozzarella;
- In soups and gazpachos; and
- With basil, thyme or oregano.

Nutrition Highlights

- Very high in Vitamin A, C & K;
- A good source of Vitamin B6;
- A very good source of fiber;
- High in thiamin and niacin;
- High in folate and potassium.

Nutrition Facts

Serving Size 1 cup, chopped or sliced
180g (180 g)

Amount Per Serving

Calories 32 Calories from Fat 3

% Daily Value*

Total Fat 0g 1%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 9mg 0%

Total Carbohydrate 7g 2%

Dietary Fiber 2g 9%

Sugars 5g

Protein 2g

Vitamin A 30% • Vitamin C 38%

Calcium 2% • Iron 3%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



YELLOWKNIFE FARMERS MARKET



Recipe: Chickpea and Tomato Salad with Basil Dressing

Ingredients

Salad:

- 1 can (19oz) chickpeas
- 2 large tomatoes, diced
- ½ English Cucumber, diced
- 1 Red Onion, diced
- 1 cup parsley, chopped

Dressing:

- 2/3 cup Olive oil
- ¼ cup Balsamic Vinegar
- ½ cup Basil leaves, chopped
- 2-3 Garlic cloves, chopped
- Salt and Pepper

Instructions

1. Drain and rinse the chickpeas.
2. In a bowl, combine the chickpeas, tomatoes, cucumber and onion
3. In a blender combine the olive oil, balsamic vinegar, basil, salt and pepper. Blend until the dressing emulsifies.
4. Combine the vegetables and the dressing, and toss lightly. Serve immediately.

For a flavour boost, make extra dressing to marinate the chickpeas in overnight before you finish the salad.

Add fresh mozzarella, bocconcini, ricotta or feta to this salad to add a huge flavour boost. Remember, you can find locally made cheeses at the Farmers Market.

Serve this alongside marinated tofu, grilled portobello mushrooms, chicken breast, or grilled meats to round out a satisfying summer meal.

For a Mediterranean-inspired snack, serve this salad alongside locally baked bread with olive oil and vinegar for dipping.