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**COOPERATIVE EXTENSION WORK IN  
AGRICULTURE AND HOME ECONOMICS**

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AGRICULTURAL EXTENSION SERVICE, UNIVERSITY OF FLORIDA  
FLORIDA STATE COLLEGE FOR WOMEN  
AND UNITED STATES DEPARTMENT OF AGRICULTURE  
COOPERATING  
WILMON NEWELL, Director

**WHY GROW TOMATOES**

Written and Compiled by  
ISABELLE S. THURSBY

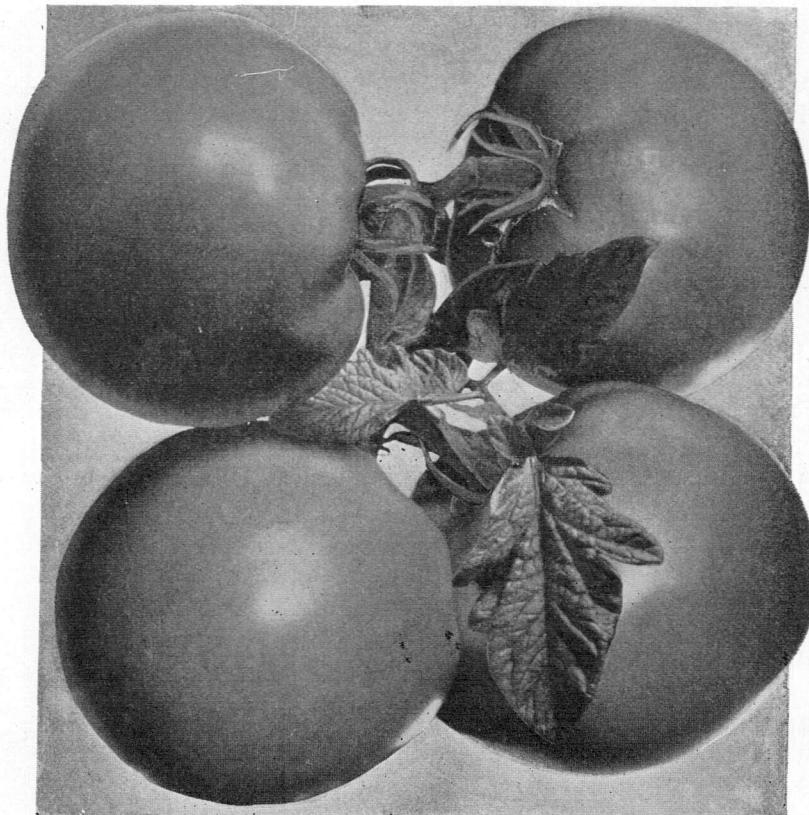


Fig. 1.—THE TWENTIETH CENTURY LOVE APPLE. It is only in recent years that the great nutritional value of the tomato has been really understood and appreciated.

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## **RED-RIPE TOMATO**

By REBA HARRIS

(Tune: My Bonnie Lies Over the Ocean)

We planted some wee seeds so tiny,  
We watered and tilled them with care.  
One day when the weather was shiny  
A red-ripe tomato was there.

### Chorus

Red ripe, red ripe,  
Red ripe juicy tomato!  
Vitamins! Vitamins!  
Rich with your essence it teems.

Oh, juicy red-ripe tomato,  
You make our eyes sparkle and glow;  
We serve you with crispy green lettuce.  
You give us our pep and our go!

### Chorus

Of juicy red-ripe tomatoes,  
Our garden is full to the brim;  
We can them for days that are wintry,  
To keep up our vigor and vim.

### Chorus

## **WHY GROW TOMATOES**

Written and Compiled by

ISABELLE S. THURSBY

For several years after girls' club work was first started in the United States in 1910, the tomato was the only crop grown by the girls, who were known as canning club girls. The tomato was the basis for the canning and conserving program of the first years of club work. Later discovery of the great nutritional value of the tomato confirmed the wisdom of using this plant for the first demonstrations.

While in later years 4-H club girls have taken up a number of different lines of home demonstration work, the tomato still remains an important part of their program of work.

### **THE TOMATO**

#### **BOTANICAL RELATIONSHIPS AND DESCRIPTION**

The tomato, *Lycopersicum esculentum*, belongs to the nightshade family of plants, the SOLANACEAE. Other well-known members of this family are the potato, eggplant, pepper, tobacco, ground cherry, jimson-weed, petunia, and other plants. In fact, the family connections number more than 70 genera, with about 1,600 species.

The name of the genus, *Lycopersicum*, is derived from the Greek word "lukopersion," which is the name of an Egyptian plant closely allied to the *Solanum* (nightshade). The word *esculentum*, which distinguishes the species, is a Latin word meaning "fit to eat." However, it is a historical fact that for a long time the tomato was considered *not* fit to eat.

The fruit of the tomato (botanically) is called a berry and may be either red or yellow in color when ripe. The stem is tall, somewhat hairy and rather strong smelling, with leaves alternate and often compound. The root is fibrous and does not extend very far into the soil.

### **HISTORY**

The tomato belongs to the "American group" of plants as to origin. Its native home, like that of the potato, is Peru, and it is still found in the wild state in South America. The Spaniards are credited with the introduction of both the potato and tomato

into Europe. These vegetables have been more valuable to the race than all the gold the Spaniards found.

For a long time the tomato was looked upon largely as an ornamental plant, and it was not until the nineteenth century that it came into general cultivation and use. Now no home garden is complete without the tomato. It occupies third place among the commercial vegetable crops and first place in plain canned and prepared products and is now valued at \$50,000,000 a year.

#### **THE TOMATO IN THE DIET**

It is only in very recent years that the great nutritional value of the tomato has become really appreciated and understood and the fact known that it is a rich source of those elusive substances in food which make life possible—the vitamins.

**Tomatoes Rich in Three Vitamins:** The popularity of the tomato, fresh and canned, is fully justified by our present knowledge of food values, for tomatoes are rich in vitamins A, B, and C, and retain them well when cooked.

Vitamin A, or fat-soluble A, is considered most important to health in the United States, because so many of our staple foods are deficient in it. A diet poor in vitamin A lowers the general stamina of the body and so greatly increases its susceptibility to different infectious diseases.

Vitamin B is the water-soluble, growth-promoting substance that prevents neuritis. It is important to appetite and digestion and bears some relation to general nutrition as well. More vitamin B is needed to keep the body in best condition than to prevent neuritis and probably more than is needed to sustain normal growth.

Vitamin C is the accessory food factor which is needed in the diet if the disease known as scurvy and allied diseases are to be avoided. While a person may not develop typical scurvy on a diet containing a small amount of this anti-scorbutic vitamin, he may become much indisposed, or half-sick, with no definite symptoms but greatly impaired vitality and usefulness. Lemon, orange, and tomato juices are the best recognized and most popular remedies for scurvy.

Special emphasis may well be given to the anti-scorbutic value of tomatoes and tomato juice, because these retain their vitamin C content almost unchanged in cooking or canning, and they are

available in canned form in all parts of the country throughout the year and at prices that are neither prohibitive nor subject to violent fluctuations. This low cost has caused the tomato to be called the "poor man's orange."

**Preventive for Pellagra:** Among the diseases which pressed their unpleasant personality on the public as well as the medical profession in the latter quarter century, particularly in the South, was pellagra, one of the most devastating. Dr. Joseph Goldberger was assigned the task of finding the cause of pellagra and a cure for it—for science is persuaded there is a natural cause if not a cure for every disease.

In a very recent pamphlet issued by the U. S. Public Health Service, Reprint No. 1157 from the Public Health Reports, 1927, Dr. Goldberger and Dr. G. A. Wheeler state that the expressed juice of canned tomatoes given daily in a quantity of approximately 1,200 grams (40 ounces) was found to possess well-marked preventive action for human pellagra. In the conclusion they say, "Tomatoes are recommended for use in the treatment of active cases of pellagra, and it is suggested that a more liberal use of this vegetable, particularly in the late winter and spring, be encouraged as a preventive measure."

**Tomatoes as Tonics and "Conditioners":** Tomatoes are rich in minerals, iron, calcium, and phosphorus predominating. They rank first of all vegetables and fruits as a food treatment for diabetes. They are rich in acids which help to keep the stomach and intestines in condition. The chief acid present is citric, the same that characterizes citrus fruits, though malic, the acid found in apples, as well as oxalic, the acid present in rhubarb, are found. Tomatoes contain sugars—glucose and fructose. The combination of sugars, the delicate acidity, the refreshing juiciness, the attractive color, and the ability to gently stimulate the appetite serve to make the tomato more popular than any other vegetable except its cousin, the potato.

**Tomatoes Have Alkaline Reaction:** Tomatoes have an alkaline reaction in the body. The liberal use of tomatoes in some form in a meal will counter-balance the acid-forming foods, such as meat, fish, and cereals and help to prevent or correct intestinal disorder.

#### **IMPORTANCE OF THE TOMATO**

The tomato, which was used sparingly at the beginning of the last century, and up to 50 years ago was considered injuri-

ous or even poisonous by many, is now cultivated wherever conditions will permit. The use of the fresh fruit is not seasonal but is sustained throughout the entire year in all parts of the United States by shipments from the South, Mexico, Cuba, and other points and by hot-house cultivation.

Florida leads all states in the Union in the amount of tomatoes shipped fresh and in the monetary value of the crop. The crop annually sells for many millions of dollars. Manatee County alone realizes nearly two millions of dollars from the annual crop of pruned and staked tomatoes shipped through the months of April, May, and June.

Fortunately for the health of the people, tomato canning today is one of the greatest vegetable industries in America, and the tomato is the vegetable most commonly canned in the home. In one year commercial food factories can more than a million and a quarter tons of red-ripe tomatoes. This includes soups, purees, chili sauce, catsup, tomato paste, prepared spaghetti, and a dozen other products from tomatoes. By far the greatest bulk of the crop that goes to the factory is canned with the addition of nothing more than salt.

Canned tomatoes, especially those canned whole, are similar to the raw product, as canning does not materially change the texture or food value of the vegetable.

In the army the juice from the canned fruit is recommended to quench thirst, where water is unobtainable or impure.

Tomato juice put up in glass bottles, though a very recent product on the market, occupied a large place in the 1930 tomato pack. One state alone produced nearly three and a half million cases, almost a million greater than in 1929. This new drink is being enthusiastically received and welcomed into the field with grapefruit and pineapple juice as side runners to orange juice. It is now found on the bill of fare of enterprising establishments and fountain stands.

Club girls and housewives, realizing the value of the tomato, will see to it that the home pantry shelves are amply filled with this delicious vegetable, so that the family may have a plentiful supply for the days when the fresh product is difficult to obtain.

### **TOMATO GROWING FOR 4-H CLUB MEMBERS**

It is recommended that the Florida 4-H club girl have at least 50 tomato plants in her garden. These should be ready for

transplanting to the open ground in late August, September, or October if for her fall garden, or from January to March 1, as soon as danger of frost is over, for the spring garden. The time for transplanting, of course, will depend on the locality.

#### VARIETIES

There is a large and interesting number of varieties in tomatoes. Among the best known that are grown in the United States might well be named the Earlian a , June Pink, Bonny Best, John Baer, Cooper's Special, Livingston's Globe, Globe, and a newer arrival, the Marglobe. The Marglobe is a recent introduction that

has been developed by the United States Department of Agriculture and the Florida Experiment Station. It is a variety of unusual merit because of its resistance to disease and its good quality.

Very often the variety of tomato grown is largely a matter of personal preference, but for Florida gardens the variety found best adapted to our soil and climatic conditions should be used.

Of late years, the small, so-called preserving tomatoes have become quite popular and with good reason, as they are delicious when preserved. Yellow Plum, Yellow Pear, and Red Pear, are among the best varieties.

The still smaller cherry tomato is a rampant grower and produces abundantly throughout the entire spring and summer season. It is bright red in color, and perfectly smooth. Clusters of



Fig. 2.—This club girl tells why club girls should grow tomatoes.

10 and 15 fruit ripen at one time. They are delicious to serve whole in salads.

#### STARTING AND GROWING TOMATO PLANTS

Tomatoes are very sensitive to cold and must be started in a warm place. In order to have early tomatoes, sow seed in boxes or seedbed six to eight weeks before planting, covering  $\frac{1}{4}$  to  $\frac{1}{2}$  inch deep. When from two to three inches high, or when seed-

lings have their second regular leaf in addition to the seed leaves with which they come through the ground, they may be transplanted to paper bands or pots in order to form a good root system and be strong and stocky. Paper drinking cups make good pots for seedlings. Then shift to larger pots or bands as growth and root development proceed.

The plants should be kept growing rapidly from the very start. Those grown in such a way that they can be transferred to the open without disturbing the root

system have an advantage over plants whose root systems must be more

or less injured in removing from the seedbed to the garden. A plant ready for transplanting should

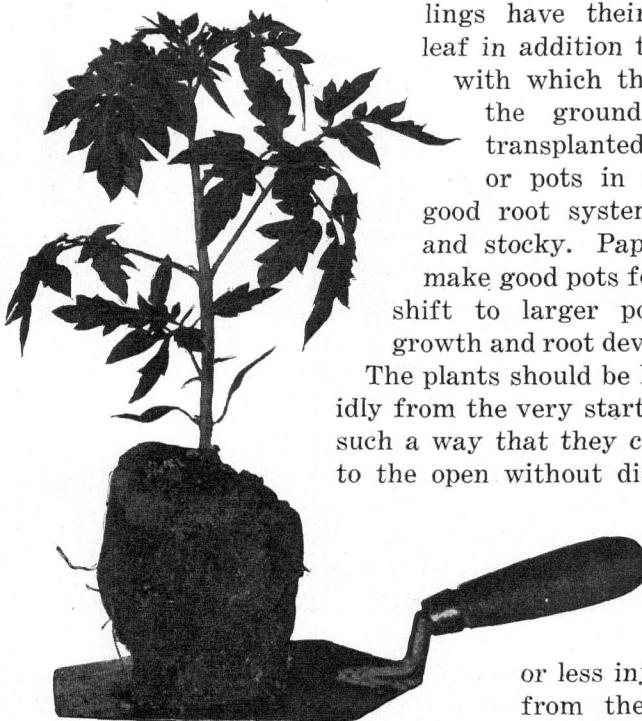


Fig. 3.—A well grown tomato plant ready for transplanting.

be stocky and sturdy and well rooted and have plenty of dark green leaves.

#### SOILS AND FERTILIZERS

The tomato appears to do well on a variety of soils from a light soil to a muck. Put the soil in good condition by working in thoroughly well-rotted stable manure two weeks in advance of transplanting. For best results the ground should be already in a high state of fertility and good physical condition and, preferably, should not have been in tomatoes, potatoes, peppers,

or eggplant for at least three years. These vegetables, which are closely related to the tomato, may serve as host plants for various diseases which attack the tomato crop.

The kind and quantity of fertilizer to use varies with the condition of the land and the skill of the grower. Well-rotted stable manure is the best all-around garden fertilizer. It not only furnishes essential plant food, but also makes the soil mellow, porous, and easily worked, prevents crusting of the surface, and renders the land more drought resistant.

Authorities agree, however, that for the best development of the fruit, stable manure should be supplemented by one or more applications of commercial fertilizer, after plants have become well established in the garden. A formula of 7-5-6 is sometimes used, but it is recommended that, owing to the wide variation in type of soils over Florida, the advice of the county agent be obtained regarding kind, time, and amount of fertilizer to use.

### SETTING PLANTS

Use stake and string in making your rows. Be careful in measuring. Stretch line where rows are to run and space evenly. When staked and pruned to one or more stems, tomatoes may be set 18 inches apart in three-foot rows. This allows room for clean, thorough cultivation.

Not all plants will stand deep transplanting, but tomatoes do better set obliquely — with the lower end not over six inches deep but all the stem except the very top buried. They will then develop a secondary root system along the stem, enabling them to better withstand hot, dry weather. Plants 12 to 15 inches tall should have at least two-thirds of the stem covered with soil. Plant late in the afternoon and water thoroughly. Watch plants and, when soil becomes dry on top, water thoroughly again.

### STAKING

Many commercial growers in Florida are producing tomatoes that are trained to a single stem or to two stems supported by stakes. Authorities agree that this is an excellent way to handle the crop in the limited space of the home garden. Especially is this practice valuable where surface trench irrigation is used, or on poorly drained land.

When tomatoes are transplanted, it is wise to drive a thick, tall stake about three inches from the base of the plant, upon

which the vine may be trained. At this time, the roots will not be injured by the stakes as they would be later.

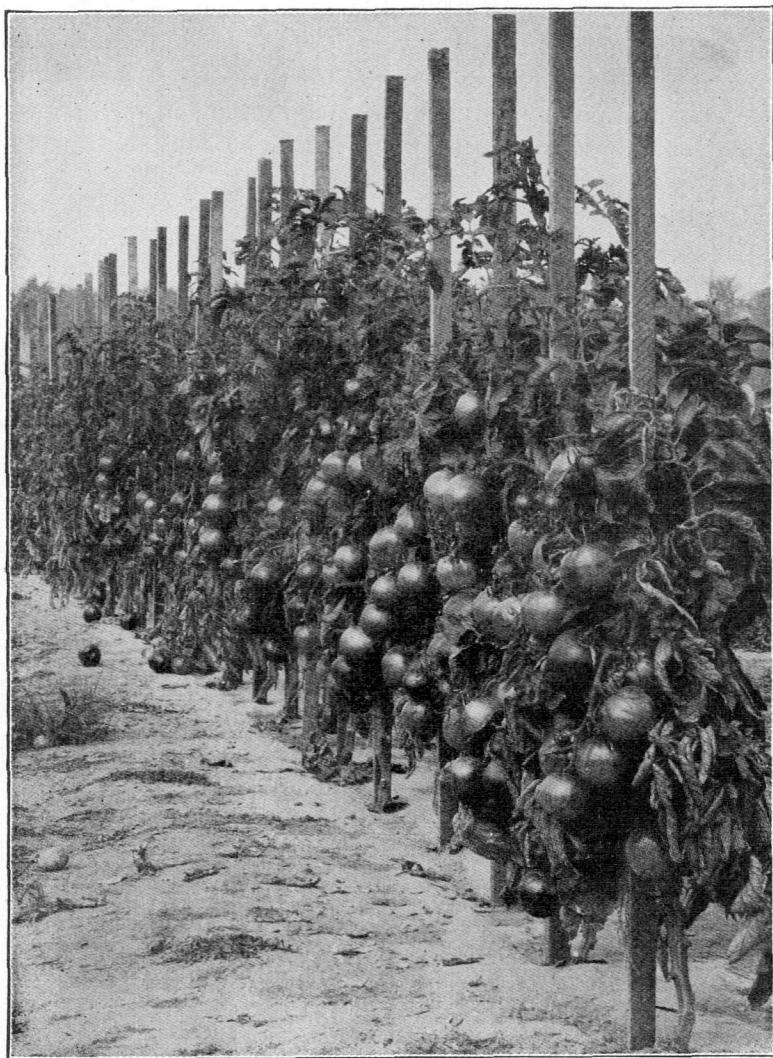


Fig. 4.—Staked and trimmed tomato plants produce fruits of the choicest quality. This row of Marglobe shows what may be expected from staked and pruned plants.

The stake should be driven deep enough to support the plant and leave the stake projecting about four feet above the ground. Soft strings should be tied tightly around the stakes and loosely

around the plants. As the plant increases in height it will be necessary to continue the tying up process.

When tomatoes are staked and pruned, the plants may be more easily cultivated and sprayed, and the fruit will be cleaner, larger, and finer. Many think staked plants will bear over a longer period of time.

### PRUNING

The main stem and one or two fruiting branches are a good average to leave on the plant. Select the branch to be left in addition to the main stem and pinch out all the other branches, while young, small, and tender. Pruning, or removal of surplus shoots or suckers, throws all the growth and vigor of the plant into the main stems and into the fruit.

Pruning is not difficult. Examine a tomato plant that is eight to 12 inches tall. You find a main stem, with branches coming out along stem where leaves are attached. After the surplus small branches or suckers are pinched off, other branches will appear higher up, as the plant grows. Keep these suckers pinched out from time to time. When the branch which was left in addition to the main stem reaches some size, secondary branches will appear on it, the same as on the main stem. Keep these also pinched out. Also pinch out top of main stems after three to five clusters of bloom and hands of fruit have formed on each. This hastens the development of the fruit.

### CULTIVATION

Frequent shallow cultivation is necessary, especially during the first month in the garden. This helps to conserve moisture, keeps down the grass and weeds, and allows the air to enter the soil. The constant cultivation, keeping weeds and grass down, will carry the tomatoes through any ordinary "dry spell"; but, in case of real drought, the plants will be severely checked if not ruined unless water can be given. If you do water, soak the ground thoroughly. Sprinkling the surface is worse than useless.

After the fruit commences to ripen, cultivation may be discontinued, if desired, and the plants mulched heavily with straw, hay, or other material of this kind. This will keep weeds from growing, conserve moisture, and make cultivation unnecessary. In fact, many gardeners consider mulching a very beneficial practice.

**INSECTS AND DISEASES**

The insects that are most destructive are cutworms, tomato horn worms, tomato fruit worms, and flea beetles. The most injurious diseases are nailhead rust and fusarium wilt. Nailhead rust can be controlled by consistent spraying with bordeaux mixture and by use of resistant varieties such as Marglobe. Fusarium wilt is avoided by planting in soil in which no tomatoes or related crops have been grown for three or more years. Spraying with arsenicals is recommended for the tomato horn worm, fruit worms, and the flea beetles. It is highly advisable to carry on bordeaux spraying or dusting through the season. This is **most important**, even when using a resistant variety like Marglobe. For detailed information, ask your home demonstration agent for the bulletins "Florida Truck and Garden Insects," by J. R. Watson, and "Tomato Diseases in Florida," by G. F. Weber.

**WHY YOU SHOULD GROW TOMATOES AND PLENTY OF THEM**

Tomatoes are rich in all three vitamins, A, B, and C, all essential to vigorous growth and health.

Tomatoes are rich in minerals; hence, are body and bone builders and effective blood cleansers.

Tomatoes are simplest of all vegetables to can. Canned, their food value is just as great as that of the fresh product, and they may be used in many pleasing ways which will serve to make other foods more attractive, palatable, and healthful. Tomatoes should be canned in quantities sufficient that they can be served at least twice a week throughout the year, when fresh ones are not available from the garden.

**JUDGING THE TOMATO****PLANT**

The "form" of the plant has reference to the habit of growth. In judging the form of a given plant, compare it with an ideal plant in habit of growth. Standard varieties differ from dwarf varieties in this respect. "Vigor" is the ability of a plant to thrive under suitable conditions. Thriftiness is indicated by the appearance of the plant and the fruit it bears. The "foliage" should be heavy to be able to resist the hot sun of midsummer days. "Productiveness" needs no explanation, and great stress should be laid on this quality. Some varieties of tomatoes are more subject to "disease" than others; so a place is given in the judging record to this point. (Examine both plant and fruit **carefully**.)

**SCORE CARD FOR TOMATO PLANT****VARIETY:**

| Points  | Perfect Score | Club Girl's Score | Corrected Score |
|---|---------------|-------------------|-----------------|
| Vigor .....                                   | 25            | .....             | .....           |
| Form .....                                    | 10            | .....             | .....           |
| Foliage .....                                 | 10            | .....             | .....           |
| Product (quantity & quality)                  | 25            | .....             | .....           |
| Freedom from disease<br>(plant & fruit) ..... | 20            | .....             | .....           |
| Total .....                                   | 100           | .....             | .....           |

Remarks .....

Name .....

Date .....

**THE FRUIT**

The "form" or shape of the fruit should be characteristic of the variety, smooth, regular, and free from wrinkles or folds. The condition of the blossom and stem ends should be included when considering smoothness. Specimens should be large as to "size" but not overgrown. The "color" should be uniform, bright, clear, and true to the variety. A poor color and an inferior skin are serious objections. By "condition" is meant maturity of specimens but not over-ripeness. They should have small seed cavities, thick, firm, fleshy walls. The flesh should compose a relatively large proportion of the tomato. The sample plate should be uniform in size, form, color, and maturity—each fruit being uniformly ripe.

**SCORE CARD FOR TOMATOES—PLATE****VARIETY:**

| Points                         | Perfect Score | Club Girl's Score | Corrected Score |
|--------------------------------|---------------|-------------------|-----------------|
| Form (ideal for variety) ..... | 20            | .....             | .....           |
| Size .....                     | 10            | .....             | .....           |
| Color .....                    | 20            | .....             | .....           |
| Flesh .....                    | 20            | .....             | .....           |
| Condition .....                | 15            | .....             | .....           |
| Uniformity of sample .....     | 15            | .....             | .....           |
| Total .....                    | 100           | .....             | .....           |

Remarks .....

Name .....

Date .....

## SCORE CARD FOR TOMATOES—CANNED

## VARIETY:

| Points  | Perfect Score | Club Girl's Score | Corrected Score |
|---|---------------|-------------------|-----------------|
| Solids: Fruits, ripe.....   | 10            |                   |                 |
| Fruits, whole or in large pieces.....                                   | 10            |                   |                 |
| Fruit, uniform in quantity or type.....                                 | 10            |                   |                 |
| Meat, solid and free from green or defects.....                         | 5             |                   |                 |
| Flavor, natural .....   | 10            |                   |                 |
| Color, natural .....  | 10            |                   |                 |
| Peeling and coring.....   | 5             |                   |                 |
| Weight (22 oz. for No. 3 tin) .....                                     | 15            |                   |                 |
| Liquid: Natural consistency.....  | 5             |                   |                 |
| Weight (14 oz. in No. 2 tin) .....                                      | 15            |                   |                 |
| Container, tin: Free from rust or clean.....                            | 2             |                   |                 |
| Free from dents or blemishes .....                                      | 2             |                   |                 |
| Label clean, complete information .....                                 | 1             | 5                 |                 |
| Containers, glass: Clean .....  | 2             |                   |                 |
| Bales bright .....  | 2             |                   |                 |
| Labels, clean, complete information—name of person, product, date ..... | 1             | 5                 |                 |
| Total .....   | 100           |                   |                 |

Remarks .....

Name .....

Date .....

NOTE.—Solid-pack tomatoes are considered the finest tomato product. Sound, uniformly ripe, fresh tomatoes must be used. The tomatoes, after being peeled, cored and trimmed are placed in cans usually whole or almost whole, usually with salt and sugar seasoning. Such juice as fills the space between the pieces of tomato comes solely from the tomatoes within the container. These may be labeled "Fancy Tomatoes".

## PICKLING GREEN TOMATOES BY THE SELF-SOURING OR DILLING PROCESS (Without the use of heat)

By DR. E. W. BERGER

It not infrequently happens that considerable quantities of green tomatoes become available, for which there appears to be no use. Thus, at the end of the shipping season, large quantities of green tomatoes may be left on the vines. Again, as happened during a recent summer, a hail storm may bruise every tomato in a field, making them useless for market, but leaving the green ones available for home use by the method of preservation here described.

Green tomatoes can be very easily made into a desirable food product, having good keeping qualities. Complete success by this method, also called pickling, brining, "dilling" or fermenting, cannot be had in Florida by the use of open containers that allow the air to have free access to the contents. Containers must be air-tight or nearly air-tight and must be kept full to overflowing with the pickling brine.

### SUMMARY OF METHOD

Pack the tomatoes into suitable containers together with the desired quantity of pickle spices. Mixed or plain spices or dill may be used, but for tomatoes the writer prefers mixed spices such as are generally sold by grocerymen. About half an ounce of the spices to a gallon is indicated; more or less to suit the taste may be used. In case insufficient tomatoes are available for filling a container, grape leaves may be used to complete the filling. In fact, a pad of grape leaves or cloth several layers thick may be placed on top of the tomatoes in each container, in order to prevent the topmost ones from floating; or, if necessary, a plate or other suitable non-metal dish may be used to weight down the contents. Then fill the containers to overflowing with a brine made by dissolving  $\frac{7}{8}$  cup (7 ounces) of common salt and 3 or 4 tablespoons of sugar in a gallon of water.

Cover or close the containers as directed in a succeeding paragraph and set aside in some suitable place where any slight overflow of brine can do no harm. A shady place in a shed, under a tree, or under a building, near or on the ground, is fine. They may be kept indoors if so desired, provided suitable provision is made for taking care of the slight overflow of brine by

means of saucers, graniteware pans, etc. When the brine begins to recede (lower), add fresh brine, made without sugar, to overflowing, and keep the containers closed. Do this occasionally, or until the brine ceases to recede.

During warm weather the process is completed in two to four weeks. The cessation of gas formation, the clearing and lowering of the brine in the jar, are signs that the pickling process is completed or is nearing completion. As it nears completion, a whitish sediment will accumulate on top of the tomatoes. This consists of the bacteria that produced the fermentation, together

with other particles suspended in the brine. This is perfectly harmless and may be washed off preparatory to eating.

#### CONTAINERS

Containers of glass, earthenware (such as churns, stone jars, or crocks), or other non-metal materials like wood, having about 2 to 12 quarts' capacity, are suitable for preserving tomatoes in small quantities by this process. Churns with a flange for holding a lid are desirable, because the lid (generally of earthenware) helps hold down the contents and supports the sheet of rubber and weight used to



Fig. 5.—A stone churn or crock is an excellent container for making or storing pickled tomatoes. The cover (shown in front) should be used under the rubber on which the sand bag is resting.

make a tight cover. Large containers such as wooden tubs, buckets, kegs, and barrels may be used for larger quantities.

It is again emphasized that, for best results, all these containers must be provided with some device for keeping the air away from contents. Allowing the preserving process to take its course in containers that are air-tight or nearly air-tight not only prevents the formation of a scum but results in a finer

product with better keeping qualities. The small amount of scum sometimes formed in such containers is generally harmless.



Fig. 6.—A 3-quart glass jar filled with okra, showing cover (consisting of a sheet of rubber and a sand pouch) in position. A similar method is used for tomatoes and other vegetables.

Containers not already fitted to be closed air-tight may be covered practically air-tight by means of a sheet of rubber and a suitable weight, preferably a sack of sand. Pieces of suitable sheet-rubber may be obtained from hardware stores or dealers in machinery. Or suitable sheets, even a foot in diameter, may be cut from discarded inner tubes of auto or truck tires and should be an inch or two larger than the diameter of the opening to be covered.

The sack, containing enough sand to make it cover the opening, is most conveniently made by gathering the edges of a square piece of cloth up around the sand and tying the gathered portion above it to form a pouch. Strong wrapping paper also may be used for making the pouches. When one or more bricks or other suitable weights are used instead of a sand pouch, a pad of paper or cardboard about one-half inch thick (a catalog or magazine of suitable size is fine) should be placed between the weight and rubber, in order to better equalize the pressure on the rubber and the edge of the opening, and thus make it more nearly air-tight. Such a pad sometimes may be used to advantage even under a sand bag.

If glass fruit jars are used (and only those with glass covers are suitable), the covers should not be clamped down firmly or sealed until the pickling process is completed, which is two to four weeks. Leaving the covers on loosely with the clamps or bails in position ready to be clamped down allows the fermentation gases to escape.

The larger malted milk jars, of about three quarts capacity, have been found very desirable for pickling purposes. Many other kinds of glass jars, such as candy jars of suitable size, also are excellent. Glass jars with ground stoppers, when of suitable size, are fine, the stoppers operating as safety valves.

Used wooden pickle tubs, or buckets or kegs, or barrels generally may be obtained from grocerymen at small cost. Of course, new ones, when available, may be employed. Tubs or buckets should have the head permanently replaced and then, by means of a key-hole saw, an oblong or rectangular hole (about 4 x 5 inches) cut through the top, through which the hand can reach. Such a hole is also very conveniently covered with a sheet of rubber and suitable weight. Kegs and barrels may be filled by removing the head and replacing it after filling. Such keg or barrel should then be placed on its side and filled with the pick-

ling brine through the bung. This should then be kept closed by means of a piece of rubber and suitable weight, and the keg or barrel kept filled to overflowing with brine every few days or as often as necessary.

Again, kegs and barrels may be used for making pickles without removing the head. If the head has been removed, replace it.

Such containers should have the bung enlarged to an oval or rectangular opening of about 4 x 5 inches and laid on the side. The keg or barrel can then be conveniently filled or emptied through this enlarged opening.

#### USES

Tomatoes preserved by this process may be eaten like pickles or used with other materials for making chow Chow, pickle spreads, and what not. The mild acid formed during the process of self-souring is the same as that found in dill pickles and sauerkraut, namely lactic acid, and is recognized by dieticians and the medical profession generally as a very desirable intestinal antiseptic. It is easily digested. Self-soured vegetables and pickles (dill pickles, tomatoes, sauerkraut, string beans, okra, peppers, etc.) are not in the same class with vinegar pickles that are so generously condemned or proscribed.

Aside from the presence of the beneficent lactic acid, self-soured products furnish an abundance of roughage necessary for the best functioning of the digestive system. Both the brine and acid of self-soured tomatoes may be removed by several changes of water, and the resulting product used for any purpose for which fresh green tomatoes are used.

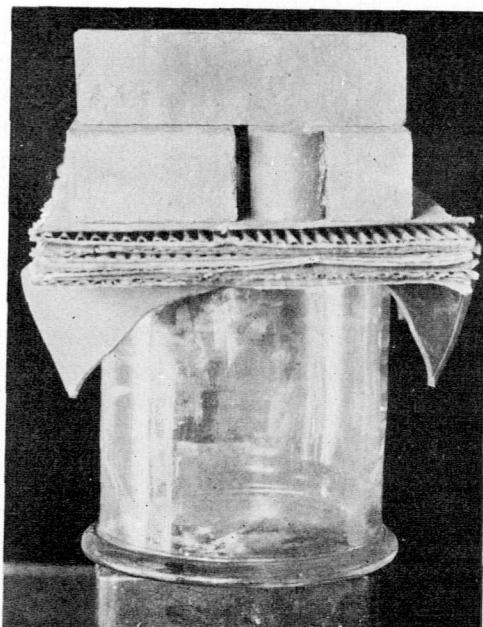


Fig. 7.—A sheet of rubber, layers of corrugated cardboard, and bricks make a good cover to use over containers in which tomatoes are being pickled.

**STORAGE**

After the curing or pickling process is completed the product may be left in the original containers even when these are of considerable size, and suitable quantities removed as needed, provided the containers are always kept closed and full to overflowing by additions of fresh brine.

In general, it has been found best, however, to repack tomatoes processed or pickled in large containers into glass fruit jars of suitable sizes having glass covers that can be sealed. If the pickling or curing process was completed in such jars, it is unnecessary to repack them, although new brine may be in part or wholly substituted for the old. The glass jars with their contents can then be sealed and set aside in any cool place for keeping and for future use. Repacking may be done in the old brine, partly new and partly old brine, or all new brine. If all new brine is used, the product will, of course, be less sour and more salty but will keep better, at the same time producing a clearer looking package for exhibition purposes.

Unused portions left in sealed jars will begin to form a scum over the brine after a few days, and spoilage may begin. This can be prevented by simply repacking the unused material into smaller jars and filling them to overflowing with brine, supplementing with new brine if necessary. This procedure is recommended when it is apparent that repacking in one or several smaller containers is more convenient, or more practical than adding a relatively large amount of fresh brine to replenish a larger container.

**OTHER VEGETABLES**

That other vegetables may be preserved by this process has been mentioned several times. Most common among these are cucumbers (dill pickles), green beans (snap beans, string beans), sweet bell-peppers, pimiento peppers, okra, artichokes, and perhaps others.

Sauerkraut was not placed in the preceding list because the process of producing it is slightly different, none or only small quantities of brine, such as has been described, being used. Instead, the necessary brine is produced by tamping the shredded cabbage.

**MISCELLANEOUS**

In all instances where the use of new or fresh brine has been indicated, half strength without sugar, made by using one-half the quantity of salt indicated for the regular brine, may be used, especially if a less salty product is desired.

If at any time the pickled product should prove to be lacking in acidity (that is, not sour enough to suit) this may be remedied by adding sugar, allowing a teaspoonful to each quart of the contents of the container. This may be repeated several times if necessary. After adding the sugar, close the container as previously recommended, and allow to stand for a week or 10 days. The sugar will be changed by the lactic acid bacteria into lactic acid, thus making a more sour product. On the other hand, acidity may be directly increased by the addition of a teaspoonful or fraction thereof, of lactic acid to each quart. Small quantities of vinegar may also be used if desired.

The writer is aware that those who are familiar with the process of making pickled products of the kind described in this paper in open containers, without the precautions described for keeping out the air, do so with considerable success. But it is believed that even such may find some advantage in adopting the method described, whether in Florida or elsewhere.

**WAYS OF USING TOMATOES—FRESH****SALADS MADE WITH TOMATOES**

**General Points in Preparation of Salads:** To make salad plants **crisp** after thoroughly cleansing, let stand in cold water. Then shake off surplus moisture and keep in cooler or refrigerator, until needed. Oil and water do not mix, hence salad plants must be drained before making up. They should be crisp and cold.

To "marinate" a salad means, ordinarily, to mix with French dressing and allow to stand a short time before serving.

Salad materials that are cut, in most cases, should be uniform in size and symmetrical in shape. Materials are not usually combined until ready to serve, except where they need to be marinated.

Whole tomatoes may be quickly scalded, cold dipped, peeled, and placed on ice to chill thoroughly before being served; or, instead of being scalded, they may be rubbed with the back of a silver knife, gently. This loosens the skin and enables it to be peeled quickly. The small cherry tomatoes which grow extravagantly in many sections in Florida and the pear-shaped yellow or red tomato should always be scalded quickly and cold dipped; then the skin may be slipped off easily. These combine into delicious and most attractive salads.

**Arranging and Serving:** In arranging a salad, keep the lettuce or small leaves of cabbage in a cup-like shape. If cabbage or lettuce is shredded, cut very finely. A center of interest is needed in any finished salad. It may be a dash of paprika or thin strips of pepper or pimiento on top of the mayonnaise placed in one spot, not spread promiscuously.

Salads may be served from a chop plate, where each service is ready to be lifted off into the individual plate, or from a salad bowl lined with lettuce, water cress, finely shredded cabbage, Chinese cabbage, or very thin slices of cucumber, and filled with the materials. They may be served on the individual plate. In this case, use a plate suited to the size of the salad, allowing sufficient margin around the edge. When none of the basic salad greens are available for a salad-bed, garnish with sprigs of parsley, celery leaves, nasturtium leaves, or rings of green peppers.

**French Dressings and Mayonnaise:** Any good salad oil may be used for French dressing and mayonnaise.

**French Dressing**

|                             |                                  |
|-----------------------------|----------------------------------|
| $\frac{1}{2}$ teaspoon salt | 1 teaspoon sugar                 |
| 6 tablespoons oil           | $\frac{1}{4}$ teaspoon pepper or |
| 3 tablespoons lemon juice   | paprika                          |

Put all ingredients in a bottle and shake until well-blended and thickened, just before using. May be beaten with a fork in a bowl or jar.

**Variations of French Dressing**

One tablespoon Worcestershire sauce may be added. Or add 1 tablespoon each of finely minced onion, green pepper, celery, and carrot, 1 teaspoon chopped parsley,  $\frac{1}{2}$  teaspoon each of white mustard seed and celery seed. Add more salt, also sugar, if desired. It is better the second day than first; hence should be made in larger quantities than the amount given above.

Excellent to serve with fish, cauliflower, cabbage, chayote, okra, and other vegetables; also fine for fruit salads.

**Mayonnaise**

|                 |                  |
|-----------------|------------------|
| 1 whole egg or  | 1 teaspoon sugar |
| 2 egg yolks     | Juice one lemon  |
| 1 teaspoon salt | 1 pint oil       |

Put egg or yolks into bowl and beat with large rotary egg beater.

Add 1 tablespoon oil and beat well. In about two minutes add another tablespoon oil and beat as before. Continue beating until 4 or 5 tablespoons have been beaten in. Then the remaining oil may be added in a steady stream, beating rapidly all the while.

As it becomes too thick and consequently too hard to beat, thin with the lemon juice into which the salt and sugar have been dissolved.

May add more seasoning as desired.

Keep in a closely covered container (a fruit jar is good, kept tightly closed with a rubber on it when not in use, and the jar kept in a cool, dark place—wherever milk and butter is kept). The mayonnaise will keep a week or longer in the hot days of summer.

The secret in making a never failing mayonnaise is in the adding of oil slowly at first and beating it in thoroughly at the beginning, before adding it in the steady stream. By following

instructions, you will make a thick, delicious, and wholesome mayonnaise.

#### **Thousand Island Dressing**

|                            |                            |
|----------------------------|----------------------------|
| 1½ cups mayonnaise         | 1 or more hard cooked eggs |
| 1 cup chili sauce          | cut fine                   |
| 2 diced green onions       | ¾ cup olives cut fine      |
| ½ cup green peppers, diced | Tabasco or Worcestershire  |
| 2 pimientos, cut fine      | sauce may be added         |

Thousand island dressing is delicious served with tomato, egg or fish salad.

A less elaborate, but equally delightful, dressing may be made as follows:

|  |   |
|--|---|
| 1 cup mayonnaise                                 | ½ or 1 cup chili sauce (depend-                   |
| 1 cup chopped olives, dill<br>pickle, or chayote | ing on the consistency of<br>the mayonnaise used) |

Mix ingredients thoroughly and chill before using.

#### **Tomato Soy Mayonnaise**

To one cupful of mayonnaise add one or two tablespoonfuls of tomato soy and mix.

Use with any vegetable, egg, cold meat, or fish salad. Tomato soy mayonnaise also makes a delicious sandwich filling alone or with ham or other cold meats, eggs, etc.

### **SALADS**

#### **O. P. M. Tomato Flower Salad**

Select a smooth red-ripe tomato, 2 or 2½ inches in diameter, peel and chill. With a paring knife first cut (as though to divide in half) through the skin to a depth of about ¼ inch, leaving base intact. In like manner cut in quarters and then in eighths. Lay back the eight petals. Place the tomato on a bed of finely shredded crisp cabbage or lettuce. In center of each petal place an okra pod cut in half lengthwise. Next place a little mound of cream or cottage cheese, rolled in finely-cut parsley, between every other petal. Sprinkle center of tomato with finely chopped green pepper, carrots, celery, and chives. Serve with French dressing.

Note: Do not over cook okra. Cook only until tender by steaming or in boiling, salted water.

**Florida 4-H Club Special**

|                                  |  |
|----------------------------------|--|
| 1 envelope sparkling gelatine    | 1 slice onion                                  |
| $\frac{1}{2}$ cup cold water     | 2 slices lemon                                 |
| 1 No. 3 can or quart of tomatoes | $\frac{1}{2}$ bay leaf<br>4 heart-shaped molds |

Soak gelatine in cold water five minutes. Add seasoning, bring to boiling point, and cook gently 20 minutes. Remove from fire, add soaked gelatine, and, when dissolved, strain and allow to cool. Turn mixture one-eighth inch deep into four heart shaped molds, first dipped in cold water and chilled, and place on ice to harden. From a green pepper cut four H's and, when the layers in pan are firm, place an H in center of each heart (inside of pepper up), and fasten down with a few drops of the liquid. When rest of mixture is cold, add:

|   |  |
|---|--|
| $\frac{1}{2}$ cup Spanish onion, chopped fine | 1 cup diced avocado or 1 cup dilled chayote, diced |
| $\frac{1}{2}$ cup shredded celery             | 1 sweet pepper, preferably red, shredded thinly    |

Fill molds and set away to harden at least two hours. Shred one cup cabbage **very finely**. Let stand in cold water 10 minutes, dry on leaves between towel and arrange on salad plate. On this bed of shredded cabbage place the four hearts, points meeting in center, dipping molds quickly into warm water in order to make slip out easily. Add a green pepper stem and serve with well chilled mayonnaise.

**Poinsettia Salad**

|            |                                   |
|------------|-----------------------------------|
| 6 tomatoes | 1 $\frac{1}{2}$ cups English peas |
|            | "Peppy" French dressing           |

Peel and thoroughly chill the tomatoes. When ready to serve, cut into eighths, not quite severing the sections at the bottom, spread apart like petals of the flower. Place on a crisp lettuce leaf, dust lightly with salt. Fill the centers with green peas well mixed with French dressing.

**Dixie Salad**

Cut young okra pods (cooked) in thick slices, and mix with finely shredded cabbage or lettuce, cherry tomatoes (skins removed), red and green peppers, and young chayotes cut in dice. Add thousand island dressing, and serve in a bowl lined with lettuce. Garnish with cherry tomatoes and hard boiled eggs.

Note: Okra should be cooked **only** until tender. Mix carefully so that okra will retain shape.

#### **Osceola Salad**

|                 |              |
|-----------------|--------------|
| Cherry tomatoes | String beans |
| Lettuce         |              |

In a salad bowl lined with hearts of lettuce place equal quantities of cherry tomatoes (skin removed) and string beans. Serve with mayonnaise and paprika or finely minced parsley sprinkled over top.

#### **Tomato Salad—Monticello**

|                             |                              |
|-----------------------------|------------------------------|
| 1 cup cherry tomatoes       | 1 tablespoon chopped parsley |
| 1 cup small yellow tomatoes | French dressing              |
| 1 clove garlic              | Lettuce                      |

Scald the tomatoes, cold dip, and slip off skins carefully, and set on the ice to cool. At serving time rub the salad bowl with garlic and line with heart leaves of lettuce. Place the yellow tomatoes in the center and red ones around them. Marinate with French dressing and sprinkle with parsley.

#### **Patrician Salad No. I**

|                 |                |
|-----------------|----------------|
| Avocado pear    | Tomato         |
| Lettuce         | Chopped onions |
| French dressing | or chives      |

On a bed of lettuce place equal parts of avocado, cut in cubes, and cherry tomatoes, quartered. Sprinkle with chopped Bermuda onions or chives.

Use French dressing to which has been added double quantities of lemon or lime juice. Tomato catsup also may be added to dressing, if liked.

#### **Patrician Salad No. II**

|                  |                  |
|------------------|------------------|
| Lettuce          | Tomatoes         |
| Avocado          | Grapefruit       |
| Chayote (dilled) | Sweet red pepper |

Take equal amounts of diced avocado, tomatoes, and grapefruit, marinate well with French dressing that has plenty of lemon in it. Serve in lettuce cups, set in a basket made from grapefruit shells. Garnish with shredded chayote and sweet red pepper.

**Tomato Baskets—Ponce de Leon**

Place whole, ripe tomatoes, peeled, chilled, and hollowed out, in a nest of finely shredded cabbage or lettuce, and fill with raw sauerkraut, chopped green pepper, celery, and salted peanuts, mixed with mayonnaise.

Sprinkle with chopped dill pickles or the chopped yellows and whites of hard boiled eggs. Handles may be made for tomato baskets out of strips of green pepper or celery, slipping the ends down deep in the sides of the baskets.

**American Salad**

|          |               |
|----------|---------------|
| Cabbage  | Green Peppers |
| Tomatoes | Chayotes      |

Dice tomatoes and chayotes; shred peppers and cabbage. Mix with mayonnaise or thousand island dressing, and serve on lettuce leaves, or young, cup-shaped cabbage leaves.

**Creole Salad**

|  |  |
|--|--|
| 3 cups cooked macaroni, rice,<br>or potatoes | 1 cup finely cut Spanish onion<br>½ cup coarsely cut sweet<br>pepper |
| 2 tablespoons coarsely cut<br>pimiento       | Salt to taste  |
| ½ cup freshly grated cheese                  | Well seasoned mayonnaise to<br>moisten thoroughly                    |
| 1 tablespoon chopped parsley                 |  |

Toss until well-blended, using a fork to mix; serve on crisp lettuce leaves or shredded cabbage, on which has been placed a ring of sliced tomatoes. Garnish with sweet peppers, pimiento and a dash of paprika.

Note: For variety and additional food value, mix with this tomatoes, peeled and cut in pieces, and shredded lettuce, adding boiled ham, crab meat, or fish flakes. This salad should be main dish at luncheon or supper. It is healthful, filling, economical, and well balanced.

**Mexican Salad**

|                        |                         |
|------------------------|-------------------------|
| 3 large green peppers  | 4 slices bacon          |
| 1 medium onion         | ½ cup vinegar           |
| 4 medium ripe tomatoes | 1 teaspoon chili powder |

Cut vegetables in small chunks and mix. Cut bacon in small strips and cook crisp in hot skillet. Stir in chili powder, and add the vinegar. As it boils up, pour over the vegetables. Put on lettuce on salad plates and serve.

**Stuffed Tomato Salad**

|                            |            |
|----------------------------|------------|
| 6 medium sized tomatoes    | Salt       |
| 6 stuffed hard cooked eggs | Mayonnaise |
| Pepper                     | Lettuce    |
| French dressing            |            |

Peel the tomatoes. Hollow out to form cups. Dust with salt and pepper, and marinate in French dressing for 30 minutes. Then slip a hard cooked or stuffed egg into each tomato and serve very cold with lettuce and mayonnaise.

**Stuffed Tomato Sauerkraut Salad**

|   |   |
|---|---|
| 6 small solid tomatoes                                    | 2 tablespoons lemon juice                                     |
| 4 cups sauerkraut   | 1 tablespoon sugar  |
| 6 tablespoons salad oil—olive,<br>corn, or cottonseed oil | $\frac{1}{8}$ teaspoon salt<br>$\frac{1}{4}$ teaspoon paprika |
| Lettuce   |   |

Peel tomatoes, cut off stem, remove core and seeds. Combine the salad oil, lemon juice, sugar, salt, and paprika, with an egg beater. Add the sauerkraut to the salad dressing thus prepared. Fill the tomatoes with the mixture. Set each tomato on a lettuce leaf. This can be served as a separate salad course or as an accompaniment to a meat course.

**SANDWICHES AND SANDWICH FILLING WITH TOMATOES****Savory Sandwich Filling**

Chop fine together 2 hard-boiled eggs, 10 stuffed olives, 1 small onion, and  $\frac{1}{2}$  small cucumber. Mix into paste with equal parts chili sauce and mayonnaise; season with salt. Place between thinly sliced buttered whole wheat bread with a small lettuce leaf.

**20th Century Club Sandwiches**

Toast 100 percent whole wheat bread on one side only, butter the untoasted side. On bottom slice put lettuce leaf and slices of tomatoes. Spread with mayonnaise; then add another slice of toast, untoasted side up. Cover this with a layer of raw sauerkraut and then mayonnaise. Cover with a slice of toast, toasted side up. Put a slice of tomato on top of each club sandwich; fasten on an olive with a toothpick. Serve cold.

These are delicious for late suppers or Sunday night tea.

## CANNING AND PRESERVING

The tomato, by reason of its natural acidity, is readily sterilized, and so may be easily canned in glass or tin.

Tomatoes are the basis of our most widely used condiments, ketchup and chili sauce.

Many delicious relishes and sweetmeats may be made from the immature as well as from the ripe fruit by the skillful preserver. Nutrition specialists give great value to the "appetizing" qualities of the fruits and in this connection the tomato scores high.

### CANNING TOMATOES

Tomatoes to be canned should be well ripened on the vines. They should be handled carefully and be absolutely free from spots or decay. They should be graded for color and to some extent for size. Tomatoes that have considerable green around the stem should be avoided, but if one must can them, all the green parts should be cut away.

Tomatoes are first thoroughly washed to remove all soil. They are then scalded in boiling water for about one minute or just long enough to cause their skins to slip easily. Use a wire basket or square of cheesecloth. As soon as they are scalded sufficiently

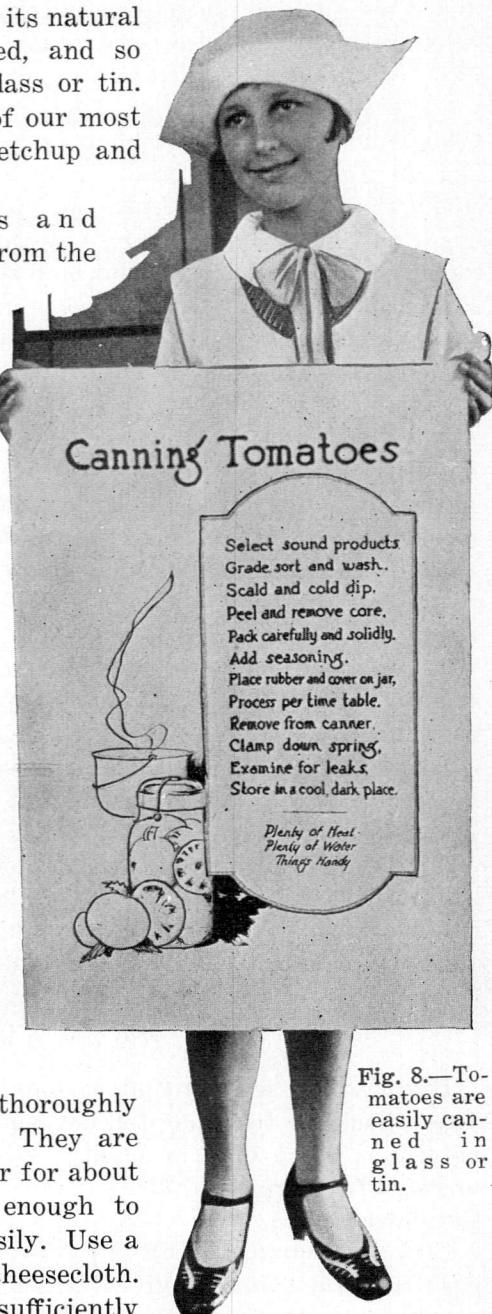


Fig. 8.—Tomatoes are easily canned in glass or tin.

cool in clean, cold water and drain. Over-scalding will make the tomatoes soft and under-scalding will cause waste of time in removing their skins. Do not attempt to handle too many at one time, as the process must be carried through quickly.

Core and peel promptly. The cores should be removed first. This is done with a short-blade, sharp-pointed knife. By inserting the knife into the base of the tomato near the stem and to about the center of the fruit, and cutting around the stem, keeping a half inch or more from it, a cone-shaped portion is quickly removed. This is mostly solid material and is not desired in the canned product. A few trials soon enable one to judge as to the size of cut necessary to remove the entire core.

The skins are then stripped off. This is most easily done by beginning at the blossom end. Often there is a small black spot at the blossom end which could be cut out. When sufficient quantity of peeled tomatoes has been secured they are packed firmly and solidly into the tin or glass containers with back of wooden spoon. If too large to pass readily through the opening they are cut into suitable size and are then packed closely enough to set free sufficient juice to fill all spaces between pieces and to cover the solids.

It is a violation of the pure food law to add water or the juice from other tomatoes. This law applies to all tomatoes canned for market.

Glass jars should be packed full. In packing tin cans a head space of  $\frac{1}{8}$  to  $\frac{1}{4}$  inches must be left in all cases. Two level teaspoons salt and sugar mixture may be added to each quart. (This is made by mixing together one part salt and two parts sugar.) Glass jars are partially sealed and processed in the hot water canner at boiling pint 30 minutes, quarts 35 minutes. Exhaust tin cans and seal when contents are hot. Process tin cans 5 minutes less than glass.

#### TOMATO JUICE

High grade, select tomatoes only should be used for juice. They should be red-ripe, well developed, firm, smooth and juicy, as well as being high in acidity. Green tomatoes, or over-ripe, unsound fruit are unsuitable for juice. Wash carefully and drain. Cut out all cores.

Cook the tomatoes lightly in a covered container to release the color from the skins and give a larger yield of juice. This cooking also liberates the vegetable gums and the pectin around the seeds

and fleshy tissue. Extract the pulp by passing first through a coarse and then a fine sieve. The first sieve will remove the skin, seeds and coarse fibre. The second one should be very fine in order to disintegrate the pulp as finely as possible so that it will stay in suspension for a longer period. The juice is next heated to about 150° F., and filled into clean, hot bottles, jars or cans, sealed and sterilized at from 175 to 185° F. Salt may be added to the juice, though many prefer to omit it until ready to serve.

The juice is heated before being filled into bottles or tins, to drive out the contained air—air, so to speak, is oxygen and oxygen with heat, causes the destruction of vitamin C. This heating also permits filling the containers almost completely with the juice. The lower the temperature used the better the flavor. Juice can be sterilized at a much lower temperature and in a shorter time than is used for canned tomatoes because it has no solid pieces or hard cores to prevent rapid heat penetration, consequently the juice can be sterilized at 175° to 180° F., as against the boiling temperature (212° F.) needed in canning whole tomatoes.

Note: Give tomato juice to babies at the physician's direction in the quantities he may advise. For adults, tomato juice may be served hot or ice cold, adding salt to taste, as a drink by itself or seasoned to make a delicious tomato juice cocktail or a healthful, colorful party punch. It makes an excellent pick-up drink for breakfast or a before dinner appetizer, or it may be served during the day as a refreshing, healthful drink. In cooking, it can be used in many ways, being excellent for tomato bouillon or a delightful base for a ge'atine or aspic salad.

## SOUPS

### Tomato Puree

|                                |                     |
|--------------------------------|---------------------|
| 2 qt. thick tomato pulp        | 1 large onion       |
| 4 tablespoons chopped pimiento | 3 teaspoons salt    |
| Red pepper                     | 2 tablespoons sugar |

Tomato puree may be made from the small and irregular sized tomatoes, but they should be well ripened and flavored. Wash, run through food chopper, and cook until soft and thickened. If a smooth, seedless mixture is desired, press through sieve or, preferably, through a dilver.

Add onion, chopped pepper, and seasoning. Towards the lat-

ter part of process, it is necessary to stir frequently to keep from burning.

When sufficiently concentrated, can and process 20 minutes at boiling.

#### **Vegetable Soup Mixture**

This should be made in the proportion of one-half tomato pulp, one-fourth corn or tiny lima beans, and one-fourth okra, with seasoning added. One slice of onion should be added to each No. 2 can. The tomatoes should be heated, rubbed through a sieve, and cooked down to about the consistency of ketchup before measuring; then the corn, okra, onion, and seasoning should be added and cooked until the corn and okra are about three-fourths done. Then pack into cans and process one hour at boiling or 25 minutes at 10 pounds steam pressure.

#### **CHILI SAUCE AND PICKLES**

##### **Chili Sauce**

|                                       |                                  |
|---------------------------------------|----------------------------------|
| 1 gal. red-ripe tomatoes              | 1 tablespoon white mustard       |
| 1 cup onions ground                   | seed                             |
| 1 cup sweet red peppers               | 1 bay leaf                       |
| $\frac{3}{4}$ cup brown sugar         | 1 teaspoon garlic finely minced  |
| 3 cups vinegar                        | $\frac{1}{2}$ oz. stick cinnamon |
| $\frac{1}{2}$ teaspoon cayenne pepper | 1 teaspoon cloves (whole)        |
| 1 tablespoon celery seed              | $\frac{1}{4}$ nutmeg grated      |

##### **Salt**

Wash tomatoes, cut out green core, and put through food chopper with the onion and peppers, using fine blade. Boil all the ingredients together until soft and thickened — except in vinegar, cinnamon, cloves, and nutmeg. Then add remaining ingredients, bring to a boil, remove from fire, and let stand overnight. Then cook rapidly until thick, stirring frequently.

Have ready scalded bottles, or pint, or  $\frac{1}{2}$  pint jars. (Scald by covering clean bottles or jars with cold water and heating until water has boiled for at least 10 minutes.)

Pour hot sauce in, push scalded corks into bottles, and place containers at once in boiling water, and boil 15 minutes. Remove, press corks securely in bottles, and dip cork and mouth of bottles several times in melted sealing wax. If jars are used, fill with the hot chili sauce and process immediately.

**Green Tomato Soy**

Wash tomatoes, cut into quarters, and put through food chopper enough to make 1 gallon. Grind with this six large onions. Mix tomatoes with:

|   |                                     |
|---|-------------------------------------|
| 2 cups vinegar  | 2 pounds brown sugar                |
| 2 tablespoons salt  | 4 tablespoons celery                |
| $\frac{1}{2}$ tablespoon each ground<br>cinnamon, cloves, and all-<br>spice | 4 tablespoons white mustard<br>seed |
|   | 1 tablespoon white pepper           |

Let stand 4 to 6 hours. Cook about 10 minutes, stirring occasionally. Let stand over-night. In the morning, taste, add more salt or other seasonings if needed. Bring to boil. Pour into sterilized jars, process, and seal.

**Hemphill House Special Pinata Sweet Pickle**

|   |  |
|---|--|
| 3 lbs. green tomatoes, sliced<br>rather thick   | 3 lbs. granulated sugar                                  |
| 2 lbs. pineapple, fresh or can-<br>ned, sliced about $\frac{1}{2}$ as<br>thick as tomato slices, or | 1 cup orange honey                                       |
| 2 lbs. green mango, peeled<br>and sliced  | 3 cups mild vinegar                                      |
| 1 cup pineapple or other fruit<br>juice   | 1 teaspoon celery seed                                   |
|   | 2 teaspoons yellow mustard<br>seed                       |
|   | 1 teaspoon each stick cinna-<br>mon, cloves and allspice |
|   | 1 blade mace   |

Mix vinegar, sugar, honey, and fruit juice. Tie spices in thin bag and add. Bring to boil and cook 10 minutes. Pour over tomato and pineapple. Cover and let stand over-night. Drain off liquid and boil as before. Add fruit and cook until fruit is tender and clear and syrup somewhat thickened. Let stand over-night. Pack in pint jars and simmer 10 minutes.

Note: Any syrup left over is delicious diluted with hot water and used to baste roast, ham, or lamb, or stiffened with gelatine as a jelly for piquant garnish for cold meats or for molded fruit or in American or other salads.

**PRESERVES****Green Tomato Preserves**

Select tomatoes that are mature but not turned in color, wash, remove core and any blemishes on skin, and cut into quarters. Weigh and to every pound of the fruit add  $\frac{3}{4}$  pound of sugar. Allow to stand 4 to 5 hours or until sugar is dissolved. Drain off liquid and boil vigorously 10 minutes. Add tomatoes and cook until syrup is slightly thickened and fruit clear and transparent. Allow to stand in syrup over-night. Next day add one lemon

sliced thin, to each pound of tomatoes, stick cinnamon and whole cloves. Boil again until thick. Pack into scalded containers. Process pint jars 10 minutes at boiling.

#### Ripe Tomato Preserves

The pear, plum or peach types of tomatoes are best for making preserves. Both the red and yellow tomatoes may be used. They may be made as pure tomato preserves or the flavor may be modified with slices of lemon and whole spice—cinnamon and cloves. The tomatoes should be just ripe—neither green nor soft. Scald 15 to 30 seconds or just long enough to cause the skins to slip easily. When removed from the boiling water they must be cooled at once in cold water. The skins are removed but as a rule the core is not cut out as in canning. For each pound of prepared tomatoes 1 pound of sugar and  $\frac{1}{2}$  cup of water are required. The sugar is dissolved in the water and heated to boiling and boiled 5 minutes. The tomatoes are added to the boiling syrup and gently boiled until fruits are tender. They are then set aside for 24 hours. The syrup is drained and measured and is concentrated to two-thirds of the measured volume and poured while hot over the tomatoes. After standing 24 hours the syrup is again drained and concentrated until it will give a jelly test. The preserves are packed into clean, dry jars, filled with hot syrup and simmered for 5 minutes in the water bath.

#### Palm Beach Preserves

|                       |                             |
|-----------------------|-----------------------------|
| 3 lbs. green tomatoes | $\frac{1}{4}$ teaspoon salt |
| 1 small pineapple     | 2 lemons                    |
| 3½ lbs. sugar         | 2 cups sliced kumquats      |
|                       | 1 cup preserved ginger      |

Slice lemons very thin, discarding seed, or, if kumquats are used, cut in thick rings. Cover with water, and let stand over-night. Cut tomatoes in quarters (or eighths, if large), add sugar, and let stand until dissolved. Add citrus and pineapple cut into strips and cook until product is clear and syrup somewhat thickened. Add ginger cut fine. Let stand over-night. In the morning give short cook, pack in scalded jars, and process 10 minutes.

#### Pensacola Pinata Conserve

|                                     |                                     |
|-------------------------------------|-------------------------------------|
| 2 lbs. Red Pear preserving tomatoes | 2½ lbs. sugar                       |
| 1 cup raisins                       | 1 medium sized pineapple            |
| $\frac{3}{8}$ cup pecan meats       | 2 lemons or one cup sliced kumquats |
| $\frac{1}{2}$ teaspoon salt         |                                     |

To the red (or yellow) preserving tomatoes which have been scalded, cold dipped, and skinned, add sugar. Let stand 4 to 5 hours or until sugar has all dissolved. Drain liquid from tomatoes and boil vigorously 10 minutes. Add tomatoes to syrup and salt. Continue boiling. Also add the thinly sliced lemons or kumquats, the pineapple which has been peeled, cut into small cubes, and simmer 10 minutes in water sufficient to cover.

When fruit begins to look transparent and syrup is slightly thickened, remove from fire and let stand over-night.

In the morning give short, rapid cook. Add raisins and nuts, and pack in hot, scalded jars, and process at **simmering** for 10 minutes, if in 12 oz. preserve jars. If larger containers are used, process longer, according to size.

#### **Tomato Marmalade**

|                      |                          |
|----------------------|--------------------------|
| 4 lbs. ripe tomatoes | 1 lemon                  |
| 1 cup seeded raisins | 3½ lbs. granulated sugar |
| 1 cup pecan meats    |                          |

Wash, scald, and peel tomatoes. Cut in pieces. Cut lemon in thin slices. Put alternate layers of fruit, sugar, and lemons in preserving kettle. Cook until thick. Add raisins and nut meats when removing from fire.

#### **MINCE MEAT**

##### **Tropical Mince-Meat or Sandwich Filling**

|                                |   |
|--------------------------------|---|
| 4 qts. green tomatoes (ground) | 1 pt. vinegar or ½ vinegar<br>and ½ pt. grape, plum,<br>pineapple, mango, or other<br>fruit juice |
| 3 oranges and 3 lemons or      |   |
| 2 pints kumquats (ground)      |   |
| 1 pt. cocoanut, grated         | 1 teaspoon cloves   |
| 1 lb. raisins, seeded          | 1 glass tart jelly or jam   |
| 3 teaspoons cinnamon           | 1 teaspoon mace   |
| 1 lb. raisins, seedless        | 1 teaspoon allspice   |
| 1 pint figs                    | Salt  |
| 1 lb. pineapple, shredded      |   |
| 5 lbs. brown sugar             |   |

Select oranges and lemon with clear, well ripened skins. Scrub thoroughly and cut into convenient pieces for putting through food chopper, grinding all portions except seed. If kumquats are used, clean and cut in halves to remove seed before putting through chopper. Grind tomatoes and seeded raisins. Combine all materials. Let stand several hours. Boil 20 minutes. Let stand over-night, re-season if necessary. Boil again 10 minutes, pack hot in jars, and process pints 10 minutes at boiling, quarts 15 minutes.

Note: If this mince meat is used for pies, one or two apples or mangoes, if in season, may be added when made up. Muscadine hulls may be used instead of raisins, and plums, pears, Surinam cherries, mangoes, and other fruits may be added to those listed or may be substituted for them. Green mangoes make a wonderful addition to the mince-meat. This product makes a most satisfactory sandwich or cake filling.

### WAYS OF USING CANNED TOMATOES

Probably no one article of diet can be used in more ways than tomatoes. They are commonly served in their simplest form, namely stewed or turned hot from the can. Tomatoes are the favorite ingredient for soups of many sorts.

They are excellent, particularly as accompaniments in various ways to fish and beef and with cheese and most shell-bean dishes, with rice and the various pastes, such as macaroni, spaghetti, etc. In fact, there is hardly any meat or vegetable combination that is not greatly improved by the addition of tomatoes.

#### **Tomato Juice Cocktails**

|  |  |
|--|--|
| 1 pt. tomato juice                         | $\frac{1}{2}$ teaspoon Worcestershire<br>sauce |
| 1½ teaspoon lemon juice                    |  |
| $\frac{1}{2}$ teaspoon salt                |  |
| 5 drops Tabasco sauce (if wished very hot) |  |

Serve cold in cocktail glasses.

#### **Tomato Punch**

|                            |                                 |
|----------------------------|---------------------------------|
| 3 No. 10 cans tomato puree | $\frac{1}{2}$ gal. orange juice |
| 3 doz. lemons              | 2 gal. pineapple juice          |
|                            | $\frac{1}{2}$ gallon water      |

Mix ingredients and serve in block of ice. A delicious, colorful punch. Serves 250.

#### **SAUCES**

##### **Tomato Sauce**

(From left-over juice from canning)

|                                      |                                |
|--------------------------------------|--------------------------------|
| 2 tablespoons bacon fat or<br>butter | Or 2 tablespoons chili powder  |
| 1 teaspoon salt                      | 2 tablespoons flour            |
| 1 teaspoon Worcestershire<br>sauce   | $\frac{1}{4}$ teaspoon cayenne |
|                                      | 2 cups tomato juice            |
|                                      | 1 small onion ground           |

Melt fat, add dry ingredients, and gradually stir in liquid, letting sauce come to boiling point each time before adding more

liquid. Simmer ten minutes. Serve with eggs, rice croquettes, chops, fish, etc.

#### Savory Tomato Sauce

Mince fine a slice of salt pork. Fry to a light brown in a sauce pan. Add finely minced onion and 1 tablespoon each minced carrot, turnip, and sweet pepper, and lightly brown in fat. Add 1½ quarts peeled tomatoes cut in pieces, cloves, a sprig of parsley, and celery and ½ bay leaf.

Simmer covered ½ hour, stirring occasionally. Run through colander or through a dilver, if smooth sauce is desired. Otherwise, rub together 1 tablespoon each flour and butter, add to tomatoes, re-heat, season, and serve.

#### Creole Sauce

|  |                                      |
|--|--------------------------------------|
| 1 pint tomato puree                                  | 2 tablespoons chopped onion          |
| ¼ cup green pepper (cut in 1<br>in. cubes or strips) | 1 tablespoon sugar                   |
| ½ cup red pepper (cut in<br>strips or cubes)         | 2 tablespoons butter or bacon<br>fat |
| 1 teaspoon celery seed<br>(crushed)                  | 1 bay leaf                           |
|  | ½ teaspoon minced parsley            |
|  | 4 tablespoons minced ham             |
| 1½ teaspoon salt                                     |                                      |

Chop onion and fry in the butter until yellow (keeping cover on utensil while fat and onion are cooking tends to prevent undesirable browning). Add the pepper, tomato puree, ham, and seasoning, and simmer for half an hour. Serve hot.

This Creole sauce can be used in omelets, with rice croquettes, veal, lamb, boiled or baked fish, in soup, and with Creole chicken.

#### SOUPS

##### Cream of Tomato Soup

|                                      |                           |
|--------------------------------------|---------------------------|
| 1 pint canned tomatoes               | 1 quart milk              |
| 2 tablespoons butter or other<br>fat | 1 tablespoon minced onion |
| 1 tablespoon flour                   | ¼ teaspoon white pepper   |
|                                      | ¼ teaspoon soda           |
|                                      | 1 teaspoon salt           |

Cook tomatoes slowly with the sugar, salt, parsley, and pepper for 10 minutes and rub through a strainer. Scald the milk and thicken with the flour and fat rubbed to a paste; re-heat the tomatoes and add the soda. Add tomato mixture slowly to hot milk and serve at once.

**Vegetable Tomato Soup**

Mince fine a medium sized pepper, an onion, a carrot, cabbage leaf, and a turnip, and put in kettle with a sprig of parsley, a stalk of celery, small pieces of bay leaf, and three cloves. Add 2 quarts of tomatoes.

Cover and simmer  $\frac{1}{2}$  hour, or until the vegetables are tender. Season with 1 tablespoon salt,  $\frac{1}{4}$  teaspoon white pepper, and 1 tablespoon sugar. Strain through a colander and thicken with 1 tablespoon flour, rubbed together with two tablespoons butter or bacon fat.

This is a delicious soup and may be cooked thick, and canned corn, okra, and other vegetables in season may be substituted.

**CHOWDERS****Tomato Chowder**

|   |                                   |
|---|-----------------------------------|
| $\frac{1}{2}$ cup diced salt pork       | 1 medium onion, minced            |
| 1 cup diced carrot                      | 1 pint tomato puree               |
| 1 cup diced potato                      | 1 cup celery, cut in small pieces |
| 1 $\frac{1}{3}$ quarts thin white sauce |                                   |

Saute the diced pork until brown. Add all the vegetables and saute until light brown. Cover with boiling water and cook until the vegetables are tender. Add salt, paprika, and white sauce. Heat the puree; combine the two mixtures. Serve at once on toast strips.

**Corn and Tomato Chowder**

|                               |                                     |
|-------------------------------|-------------------------------------|
| 2 cups canned corn            | 1 cup milk                          |
| 1 cup canned or ripe tomatoes | $\frac{1}{2}$ cup grated cheese     |
| 2 cups diced celery           | $\frac{1}{2}$ cup chopped pimientos |
| 1 quart cold water            | 3 tablespoons flour                 |
| 2 tablespoons fat             | 1 $\frac{1}{2}$ teaspoons salt      |
|                               | 1 $\frac{1}{4}$ teaspoons pepper    |

Place corn, tomatoes, diced celery, and one teaspoonful salt in a kettle and cover with the cold water. Boil  $\frac{1}{2}$  hour. Melt fat and add flour gradually. Then add the cold milk, stirring constantly. Add the vegetable mixture to the white sauce, a little at a time, and seasonings. Add to the chowder the grated cheese and pimientos, chopped fine. Stir until cheese is melted. Serve piping hot. A cream soup may be made, if desired, by straining out the vegetables before adding the white sauce. Serves six to eight.

**EGGS****Eggs and Tomatoes**

|                           |                         |
|---------------------------|-------------------------|
| 4 eggs                    | 1 1/2 cups tomatoes     |
| 4 oz. dried beef          | 2 tablespoons butter    |
| 1/4 lb. mild cream cheese | 1 teaspoon chili powder |

Shred the chipped beef, quite fine. Heat butter in skillet; then crisp and brown the dried beef in the hot butter. Add this to the chili powder, the grated cheese, and the tomatoes. When simmering, stir in the beaten eggs. Cook only until eggs set, something like scrambled eggs. Serve hot on toast. Will serve four to six people. Makes a fine luncheon or supper dish.

**Cheese Souffle with Chili Sauce**

|                      |                       |
|----------------------|-----------------------|
| 2 tablespoons butter | 2 tablespoons flour   |
| 1/2 cup chili sauce  | 1 cup or 4 oz. cheese |
| 3 eggs               | Salt                  |

**Paprika**

Make a sauce of the butter, flour, seasoning, and chili sauce. Let boil five minutes. Remove from the fire. Add the grated cheese, the yolks of the eggs, and, lastly, fold in the whites beaten dry. Bake in a buttered souffle dish until well puffed and delicately colored—about 25 minutes, in moderate oven. Serve as soon as removed from the oven.

**SCALLOPED****Scalloped Tomatoes**

Use cooked tomatoes or raw tomatoes, sliced. Alternate layers of seasoned tomatoes and crumbs. (If the crumbs are dry, they should be moistened with hot water or stock.)

Salt and bits of butter are sprinkled over each layer, and on top buttered crumbs.

Bake in a moderate oven 20 to 30 minutes.

**Variations**

Any of the following may be sprinkled between the layers:

|                                       |                                    |
|---------------------------------------|------------------------------------|
| Sugar                                 | Bell pepper or pimiento,<br>minced |
| Pepper, cayenne or paprika            | Chili powder                       |
| Minced ham, chicken or crisp<br>bacon | Sliced or minced onion             |
| Celery, stewed or raw                 | Brown onion                        |
| Corn, especially fresh corn           | Parsley, minced                    |
| Mushrooms                             |                                    |

Bacon strips may be placed on top.

When raw tomatoes are used, white sauce may be placed over top.

Another way:

Stew, season, and thicken tomatoes. Place in baking dish. Cover with buttered crumbs or buttered toast. Brown lightly.

### SOUTHERN DISHES

#### Creole Tomatoes

|                            |                                   |
|----------------------------|-----------------------------------|
| 1 onion chopped            | 3 tablespoons butter or bacon fat |
| 1 clove of garlic          | 2 cups canned tomatoes            |
| $\frac{1}{2}$ green pepper |                                   |
| 1 small can okra           |                                   |

Melt butter; add chopped onion, shredded pepper, and garlic, and saute for five minutes. Then add tomatoes, okra drained and sliced, and salt to season. Cover and simmer for 30 minutes or until thick. Serve with pork, chicken, or beef.

#### Italian Macaroni with Tomato

|                                       |   |
|---------------------------------------|---|
| 2 cups macaroni (cooked until tender) | $\frac{1}{2}$ chopped onion                 |
| 1 chopped green pepper                | 1 cup cooked meat                           |
| 1 cup tomato sauce or puree           | $\frac{1}{2}$ cup cheese<br>Salt and pepper |

Drain macaroni. Add tomato sauce and other seasonings. Cook 10 minutes. Place in casserole. Add cheese, cut finely, and bake until cheese is partly melted.

#### Tomatoes with Rice

|                               |                               |
|-------------------------------|-------------------------------|
| 4 cups cooked rice            | 2 green sweet peppers         |
| 4 large, ripe tomatoes or     | 1 onion                       |
| 1 $\frac{1}{2}$ cups tomatoes | 2 teaspoons salt              |
| 2 slices of bacon             | $\frac{1}{2}$ teaspoon pepper |

Cut up bacon, fry out the fat, add chopped onion and sweet pepper, and lightly brown. Add remaining ingredients and cook about 20 to 25 minutes.

#### Tomatoes with Rice—Spanish Style

|                                    |  |
|------------------------------------|--|
| 1 cup rice, washed and drained dry | $\frac{1}{2}$ cup olive oil or vegetable oil |
|------------------------------------|--|

Put rice in oil and brown, stirring all the time. Add  $\frac{1}{2}$  cup water, large can tomatoes, large onion, chili peppers, pimientos,

ripe olives. Cook on slow fire until thoroughly done. Cook down thick; serve hot.

**Chicken Stew—Spanish**

Take a half pound of salt pork and cut in one-inch pieces and fry in bottom of kettle. Then add one chicken cut up for stewing; nearly cover with water; salt; add a large red pepper cut in pieces; let simmer until nearly done; then add three cloves garlic, thicken with two tablespoons flour that has been dissolved in a little cold water. When ready to serve, have one green pepper shredded to sprinkle over top.

**Creole Chicken**

|                             |                         |
|-----------------------------|-------------------------|
| 1 medium sized fowl         | $\frac{1}{4}$ cup onion |
| 2 cups tomato puree         | $\frac{1}{2}$ cup rice  |
| 1 cup okra                  | 1 teaspoon salt         |
| 1 cup chopped sweet peppers | 1 cup boiling water     |
| 1 tablespoon fat            |                         |

Dress the fowl and cut into joints. Melt the fat, add onion and pepper. Cook for a few minutes to develop flavor; then add salt, tomato, and okra, and simmer for 10 minutes. Place layers of chicken, vegetable mixture, and rice in cooking vessel until all is used. Pour over this one cup boiling water. Simmer for two hours and put in fireless cooker for three hours without the hot disk or two hours with it. Additional seasoning of ham or bacon, parsley and bay leaf may be used.

**Meat Balls—Spanish**

|                                    |   |
|------------------------------------|---|
| 2 cups cold ground meat (any kind) | $\frac{1}{2}$ cup cold mashed potatoes, hominy, or rice |
| 1 egg                              | 1 teaspoon chili powder                                 |

Mix these together thoroughly; then make in little cakes. The easiest way to do this is to take a spoonful, make it in a ball shape, then pat it about  $\frac{1}{2}$  inch thick. Brown in skillet with hot fat. Put in a platter and pour over sauce made with:

|                                      |                      |
|--------------------------------------|----------------------|
| 1½ cups tomatoes (canned or chopped) | 2 tablespoons flour  |
| 2 tablespoons minced onion           | 3 tablespoons butter |
| 1 teaspoon chili powder              | 1 tablespoon salt    |

Blend flour and butter. Add other ingredients and simmer gently 10 minutes.

**Tamale Pie—No. I**

Take 1½ lb. lean beef stew, no bone, not much fat; one onion. Simmer until tender in water to cover well. Cook slowly until beef is very tender. Salt. Make corn meal mush with the broth, not very stiff, to drop off spoon easily. Stir one tablespoon chili powder into mush. In baking dish make layer of mush, cover with layer of meat, pour a small can of tomato sauce over meat, cover with mush and bake until tomato sauce has cooked into mixture.

**Tamale Pie—No. II**

|   |   |
|---|---|
| 2 cups chopped cooked meat<br>(chicken or veal preferred)       | 1 medium sized onion, chop-<br>ped      |
| 1 cup tomato sauce  | 1 cup corn                              |
| ½ cup cornmeal (cooked in<br>1½ cups boiling salted wa-<br>ter) | 1 pimiento, chopped fine                |
| Salt and chili  | ½ cup grated cheese                     |
| Pepper to taste   | ½ cup chopped ripe olives               |
|   | Thin mixture with milk, if<br>necessary |

Mix all ingredients in a baking dish except the cheese. Sprinkle cheese over the top and bake 35 minutes in moderate oven. Serve with a highly seasoned tomato sauce. A splendid whole meal dish.

**Tamale Loaf**

|  |   |
|--|---|
| 3 eggs                                     | ½ cup butter, vegetable oil<br>or bacon drippings |
| 1½ cups yellow corn meal (do<br>not scald) | 2 medium onions, cut fine                         |
| 1 cup or more sweet milk                   | 1 clove garlic, if liked                          |
| 1 can corn                                 | 1 teaspoon or more chili pow-<br>der              |
| 1 pint tomatoes                            | Salt to taste                                     |
| 1 cup ripe olives                          |   |
| 1 cup or more cooked meat<br>(chopped)     |   |

Make a batter of the corn meal, milk, eggs, and shortening; add seasonings and other ingredients. This makes a thin batter which bakes nicely in 45 minutes to one hour. Make a gravy of the liquor the meat was cooked in, with tomato sauce added, or any brown sauce is good with this dish.

**BEANS****Baked Beans with Chili Sauce**

Soak two cups of navy beans in water over-night. Drain in the morning, and, after covering with fresh water, boil slowly until the skins begin to burst. Drain and place ½ pound of pork

in the bean pot and bury in the beans. Mix 2 tablespoons salt, 4 tablespoons of brown sugar, 1 cup of chili sauce, and 1 cup of boiling water. Add to the beans and bake slowly 3 or 4 hours. A small onion placed in the beans before baking, if desired, improves flavor.

#### WITH SAUERKRAUT

##### Baked Tomatoes with Sauerkraut

Remove thin slices from the stem ends of smooth, medium sized tomatoes. Take out the pulp, add an equal quantity of bread crumbs and an equal quantity of sauerkraut. Season with salt, pepper, and a few drops of onion juice, and refill the tomatoes with the mixture. Place stuffed tomatoes in a greased pan, sprinkle each tomato with buttered crumbs, and bake 20 minutes in a hot oven.

#### WITH FISH

##### Baked Fish with Tomato Sauce

|                             |                          |
|-----------------------------|--------------------------|
| Whole fish—3 or 4 pounds    | Dry bread                |
| $\frac{1}{4}$ cup butter    | 1 pint tomato juice      |
| 1 teaspoon salt to lb. fish | 2 teaspoons chili powder |

Wash and wipe the whole dressed fish carefully. Fill with moist bread (just to hold the shape). Rub butter mixed with the chili powder and salt over the fish. Pour over the tomato juice and bake covered for 30 minutes. Uncover and place under the broiler flame to crisp and brown.

##### Florida Fish Stew

(For canning or immediate consumption)

|  |   |
|--|---|
| 2 lbs. dry-meated fish (weigh after it is cleaned, skinned, boned, and cut in pieces as for serving) | 2 tablespoons of ripe pimiento, finely chopped (ripe sweet peppers may be used) |
| 1 quart canned tomatoes or 6 large fresh ones  | 1 tablespoon lemon juice or good vinegar  |
| $\frac{3}{4}$ cup of good cooking oil  | 1 tablespoon of finely chopped parsley  |
| 2 cloves of garlic, finely sliced  | Salt, paprika, and a little sugar   |
| 2 medium sized onions, finely minced   |   |

Put the tomatoes into a saucepan and season with salt, pepper and just a little sugar. Add the spices and let simmer for half an hour. Remove from the fire and pass through a strainer. Return to fire and add the chopped pimiento. Let simmer until fish is ready.

In a frying pan heat  $\frac{1}{3}$  cup cooking oil and add the garlic and onion. Cook until soft, but do not brown. (It is best done by covering the pan with a closely fitting cover.) Add this to the tomatoes, and, if this mixture is too thin, allow it to simmer until it is as thick as ketchup.

After the fish is cleaned, boned, and skinned, it is cut in serviceable pieces (about five to the pound), sprinkled with salt, and cooked on both sides in the remainder of the oil until of a light brown color.

Add the lemon juice and parsley to the tomato mixture, taste it, and, if needed, add more salt and paprika. Add the pieces of fish and let simmer in an aluminum kettle on back of stove, where it cannot stick or burn until it is thoroughly done, if for immediate service. If it is to be canned, pack before the final simmering into glass jars or inside lacquered tin cans. Process as follows:

No. 2 tin cans or pint jars—1 hour at 10 pounds steam pressure;

No. 3 tins or quart jars—75 minutes at 10 pounds steam pressure.

Note: This is a most delicious stew. Directions for making were prepared by a specialist, Dr. Frantz P. Lund, of the United States Department of Agriculture.

#### ACKNOWLEDGMENTS

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## A TOMATO TRAGEDY

(A 4-H Club Playlet)

By LEACH RHYDER

Characters—

Club Girl

Worms

Tomatoes

Scene—Club Girl's garden—(Tomato plants and several large tomatoes, one large Marglobe).

Enter small girl—(looks at tomatoes).

**Girl**—Oh, my, I'm getting so tired of working with these tomatoes. I wish they'd take care of themselves! I suppose they ought to be sprayed, but I'm so tired and sleepy I just don't much care what happens. (Lies down.) My, this is such a nice place to rest, and I'm so sleepy. I wish I could lie here forever. (Falls asleep.)

Enter worms (several of them).

**First Worm**—Oh, friends, just look at those tomatoes! And I am as hungry as a bear! (Girl awakes—watches worms.)

**Second Worm**—And we're just in time. I see we've beaten the leaf spot, blight, nailhead rust, and the wilt here. Isn't that fine!

**Third Worm**—And they haven't sprayed. Thank goodness for that!

**First Worm**—I wonder why they haven't, and such good looking tomatoes!

**Second Worm**—Aren't they, though? Those tomatoes must have been grown by a club girl. Look at that big Marglobe!

**Third Worm**—Wasn't it nice of her not to spray before we got here?

**First Worm** (seeing little girl)—Wait—what's this—a girl—and she's asleep! Good! I'm glad she's lazy. Otherwise, we couldn't get her tomatoes. She is so different from other club girls. They're usually right on the job.

**Second Worm**—Don't these look good! Let's go for them!

**Other Worms**—Yes, do hurry!

**Girl (waking up)**—Oh, you awful worms; don't you dare eat those tomatoes, and especially my Marglobe!

**First Worm**—You can't drive us off without a spray, so there!

**Worm Song**—(Worms drag off tomatoes singing. Little girl sits down and cries. During a short pause tomatoes are returned. Girl awakes.)

**Girl**—Oh, where are my tomatoes? (Sees tomatoes.) Oh, what an awful dream! Those terrible worms! I can just see them eating my nice tomatoes that I've worked so hard to raise. This has taught me a lesson. I must get that spray at once and get to work!

(Exits to get spray.)

**Tomato Song.**

### Curtain

#### WORM SONG

(Tune: Hail, Hail, the Gang's all Here)

Hail, hail, the worms are all here  
Ready to go to work, ready to go to work now,  
Hail, hail, the worms are all here  
Ready to go to work now.

#### TOMATO SONG

(Same Tune)

Hail, hail, the worms can't get us,  
Because we're going to be sprayed,  
Because we're going to be sprayed,  
Hail, hail, the worms can't get us,  
Because we're going to be sprayed now.