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## On the way to your table...

Threshing Table Farm

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### Salsa Box

We enjoy making and canning our own home-made salsa. Now's the time as the ingredients are all ready. Here's what you'll find in your box this week:

Tomatoes  
Peppers  
Onions  
Cilantro  
Cucumbers  
Sweet Potatoes  
Potatoes  
Radishes  
Beets  
Summer Squash

#### Salsa Recipe

4 cups tomatoes, peeled, cored and chopped

2 1/2 cups peppers, mild, hot, or a mixture.

3/4 cup onions, chopped  
4 cloves garlic, finely chopped  
2 cups vinegar (5% acetic)  
1 tsp. Ground cumin (optional)  
2 tbsp. Oregano leaves (optional)  
1 tbsp. Fresh cilantro (optional)  
Yield: 4-6 pints

\*\*Warning, if you are going to use hot peppers, be sure

to wear rubber gloves when cutting and seeding them. The oils from the peppers will burn you! I am speaking from personal experience!!

To peel tomatoes: dip in boiling water for 30 to 60 seconds or until skins split. Then dip in cold water and remove skins. Core and chop tomatoes.

Combine all ingredients in a large pot and bring to a boil, stirring frequently. Reduce heat and simmer 20 minutes, stirring occasionally.

Ladle hot salsa into clean, hot pint jars, leaving 1/2 inch headspace. Remove air bubbles and adjust headspace if

#### Salsa Continued

Needed. Wipe jar rims and cap with properly pre-treated lids. Process in a boiling water canner for 20 minutes.

#### FRESH SALSA (No Canning )

4 cups peeled, fresh tomatoes, chopped  
1/4 c. onion, finely chopped  
1 to 4 jalapeno peppers, seeded and finely chopped  
1 T. olive oil  
1 T. Vinegar  
1 tsp. Ground cumin  
1 tsp. Salt, optional  
1 garlic clove, minced

In a bowl, combine all ingredients, mix well. Let stand for about 1 hour. Serve at room temperature. Store in a covered container in the refrigerator.

### Healthy Eating

In response to a member's request for books and classes on healthy eating, the following info. was passed my way by another member.

[Nourishing Traditions](#)  
*The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats*  
By: Sally Fallon

It has lots of recipes and explanations as to why certain types of foods are better for

You and ways to prepare it that are thought to be most beneficial.