

Recipe: Penne, Tomato, and Mozzarella Salad

Serving Size: 1/6 of recipe; Yield: 6 servings; Calories per Serving 376

Ingredients:

- 1 (12 ounce) package penne pasta
- 1/4 cup olive oil
- 1 bunch green onions, chopped
- 1 clove garlic, minced
- 1 cup quartered cherry tomatoes
- Salt and pepper to taste
- 5 ounces mozzarella cheese, diced
- 1/2 cup grated Parmesan cheese
- 4 ounces fresh basil
- 12 large black olives, halved

Instructions:

1. Cook pasta in a large pot of boiling salted water as directed on package, until just tender. Drain and set aside.
2. Heat olive oil in a small saucepan.



Add green onions and cook, stirring occasionally, 2 or 3 minutes. Stir in garlic, and cook for 2 minutes. Add pasta, tomatoes, salt, and pepper. Cook over low heat to warm through.

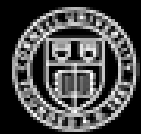
3. Remove from heat and add pasta. Stir in mozzarella and Parmesan cheese. Coarsely tear basil leaves in halves or thirds. Add to pasta with olives, and serve immediately.

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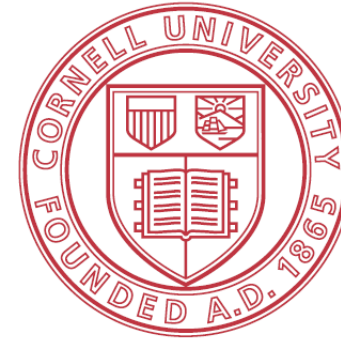
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Vegetable Growing Guide: Tomatoes

Cornell Cooperative Extension Clinton and Essex Counties

Tomato Facts



Recommended

Varieties:

- Sungold
- Supersweet 100
- Early Cascade
- Early Girl
- Better Boy
- Mountain Fresh
- Mountain Spring
- Roma
- Brandywine
- Cherokee Purple
- Green Zebra

Tomatoes certainly are one of the most popular vegetables. Even people who don't have vegetable gardens try to grow just a few tomatoes in containers on the patio. There is no comparison between the taste of a homegrown tomato picked fresh and one bought in the supermarket. Tomatoes originated from South America, where the Indians of the Andes treated the plant as a weed. The Aztecs however, cultivated them. Tomatoes are a warm weather crop. The vines of determinate or bush tomato grow 1' to 3' long, and the main stem and suckers produce flower clusters. Once flowers form at the vine tips, the plant stops growing.

How to Plant

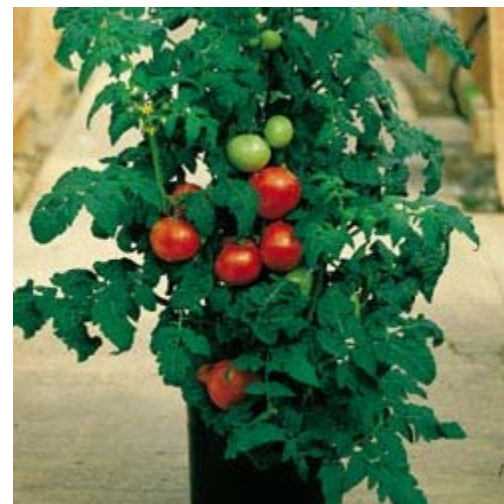


Tomato plants should be hardened for about a week before planting in the garden. To accomplish this, first leave them on the porch, then outside, increasing gradually their hardening time and exposure to bright sunshine. Choose a cloudy day for transplanting the seedlings. There are two ways for planting tomatoes: in individual holes or in a trench. The first is preferable if only a few plants

are grown. Dig a hole about 6 inches deep, put a handful or two of compost on the bottom, mix this with soil, plant your tomato and cover it with soil to the ground level. To plant tomatoes in a trench, dig a trench about 8 to 10 inches deep, spread compost on the bottom and place seedlings horizontally, covering the root ball and most of the stem except the top of the plant.

Pests and Diseases

Early damage to the tomato plants can be inflicted by cutworms. They cut the stem through right at the soil level, destroying small tomato seedlings right after planting. An easy way to prevent this is to wrap the stems of newly planted tomato plants with any 3 by 5 piece of note paper. One major tomato pest is the tomato hornworm. It is a caterpillar of the Hawk Moth, a beautiful giant moth with a wing span over 4 inches across. A bigger problem is tomato diseases: Verticillium and Fusarium wilt, early blight, and nemodates. Most new varieties are disease resistant, labeled so in the catalogs VFNT.



Maintenance and Care



Once your tomatoes are planted, they need three main things: sun, water and nutrients. In our cold climate they need all the warmth they can get. Mulching the tomato are with black plastic is one way to warm the soil. However the plastic cuts the air to the soil, and may cause all kinds of fungal or viral diseases. Indeterminate staked plants should be pruned. To ensure bigger fruits, pinch all the suckers. Cut all the flowers after the first week of August to ensure that the plants put all their energy into growing and ripening already existing fruits. Your tomatoes will benefit from mid season feeding. You can use good compost, regular 10-10-10 fertilizer or

water them with manure tea. Tomatoes need a steady supply of water.

Harvest and Storage

Freshly picked tomatoes cannot be stored more than a few days. Keep them at room temperature; when refrigerated their flavor quickly diminishes. Tomatoes are a warm weather fruit and don't like to be refrigerated. This is why the tomatoes from the supermarket don't taste good after their long ride in refrigerated trucks. Freshly picked tomatoes can be preserved as sauce, juice, or paste; they can also be canned or frozen. Frozen and canned tomatoes aren't good in salads but can be used in cooking.



Sources:

Information for the text was taken from the 2003 Cornell Guide to Growing Fruit at Home which can be found at www.gardening.cornell.edu/fruit/homefruit.html

Recipe was provided by Eat Smart New York. More information on this program can be obtained by calling your county's Cornell Cooperative Extension Office.