

Week 23

**King Apples**

**Broccoli**

**Bok Choy**

**Carrots**

**Jerusalem Artichokes (Sunchokes)**

**French Fingerling Potatoes**

**Sweet Peppers**

**Tomatoes**

**Green tomatoes**

**Garlic**

**Lettuce**

Farm News: Another weird root veggie for you this week: Jerusalem artichokes, also called sunchokes. Usually these roots are quite a bit bigger, but the irrigation sprinklers didn’t quite reach to this bed, so these ones are a bit runty. The usual color is a tan brown, but this is a nice red-skinned variety that I got from Annie and Nathaniel of Deep Harvest Farm. They aren’t from Jerusalem—that’s actually a mispronunciation of the Italian word for sunflower, girasole—they’re from North America! I like them mixed in a soup or stew, or roasted with other root veggies—you can eat them raw, but I find them rather bland. OK, they’re kind of bland any way you cook them, but I think they do alright mixed with olive oil and salt and other roots.

A fun variation on fried green tomatoes, though your tomatoes are only big enough to make a slider-sized appetizer version of this sandwich:

FRIED GREEN TOMATO BLT

For the fried green tomatoes:

1/2 cup cornmeal

1/2 cup all-purpose flour

1 teaspoon garlic powder

1 teaspoon onion powder

1/8 teaspoon cayenne pepper

1 1/4 teaspoons kosher salt, divided

1/2 teaspoon black pepper, divided

1 cup buttermilk

3 dashes hot sauce

Vegetable oil, for frying

1 to 2 large green tomatoes, ends removed, cut into 4 slices, each 1/2 inch thick

For the sandwich:

2 pieces green leaf lettuce

2 slices red tomato

1/2 ripe avocado, sliced

4 slices thick-cut bacon, cooked until crisp

2 tablespoons mayonnaise

PREPARATION

Fry the green tomatoes:

Whisk the cornmeal, flour, garlic and onion powders, cayenne, 1/2 teaspoon salt, and 1/4 teaspoon black pepper in a medium bowl. In another medium bowl, stir in the buttermilk, hot sauce, 1/2 teaspoon salt, and remaining 1/4 teaspoon pepper. Fill a large Dutch oven or cast-iron skillet with oil to a depth of 1 inch and heat carefully to 350°F. Dip the tomato slices in the buttermilk, then dredge in the cornmeal mixture. Fry until crispy and golden brown, 3 to 4 minutes per side. Sprinkle with remaining 1/4 teaspoon salt and drain on a wire rack placed over a sheet tray.

Assemble the sandwich:

Place 1 fried green tomato on a plate and layer with 1 piece lettuce, 1 slice red tomato, half the avocado slices, 2 slices bacon, and 1 tablespoon mayonnaise. Top with another fried green tomato to form a sandwich. Repeat with remaining ingredients to make a second sandwich.