

Tomatoes

In the Garden, On the Table

Sliced, sauced, steamed, diced, dried, roasted, canned, and grilled, tomatoes are the common chameleon of the kitchen, made to fit any food occasion. Tomatoes grace our tables (and tempt our taste buds) in everything from the basis of an aromatic Italian dish to the plump highlight of a simple garden salad. However you prefer to prepare your tomatoes, it is true that for many of us the tomato is a longstanding staple of a successful summer garden. But before you rush off to make that fresh tomato sandwich you're dreaming of, take a look at some of the tomatoes offered at Joe's Greenhouse and why you might try them this summer. After all, tomatoes come in varieties as diverse as the ways we choose to serve them.



Tomatoes at Joe's

Slicing and Canning

Indeterminate

- Better Boy
- Big Beef
- Burpee Big Boy
- *Cherokee Purple
- Early Girl
- *Golden Jubilee
- Jetsetter

Determinate

- Bush Best Boy
- *Green Zebra
- Hamson DX-52
- Husky Red
- Moscow
- Patio

Semi Determinate

Celebrity Our favorite for all-around use!

Snacking

Indeterminate

- *Large Red Cherry
- Sun Sugar
- SuperSweet 100 Our Favorite for pick-off-the-vine-pop-in-your-mouth-snacking!
- *Yellow Pear

Determinate

- Moby Grape

Beefsteak

Indeterminate

- Beefmaster
- *Brandywine Red
- Goliath
- *Pineapple Uniquely colored, Low Acid

Sauce

Indeterminate

- *Amish Paste
- *Roma
- San Marzano
- *Toma Verde Tomatillo (Husk Tomato)

*Heirloom Type

Tomato Tidbits

Chances are that you've eaten a variety of tomatoes in your life. You may think you know all about them. But did you know this?

 Tomatoes are the most widely grown vegetable in the world...and have even been grown in space!

 A tomato has about 25 calories and 40% of your daily vitamin C

 A U.S. person consumes 88 pounds of tomatoes each year

 The largest tomato on record was grown in Oklahoma in 1986 and weighed 7.7 lbs (3.5kg)

 The largest tomato plant in the world resides in Disney World Resort in Florida, USA, and covers an area of 610.64 sq. feet! That's bigger than an Olympic size swimming pool!



Did You Know?

The red color in tomatoes comes mainly from lycopene, proven to fight cancer. Processed forms, such as sauce, paste, and juice may be even better at fighting cancer.



Sources for this page: National Geographic, Produce Grower, USDA, British Tomato Association, American Cancer Association

Peppers

Spicy and Sweet

Called a “nutritional powerhouse” by the National Garden Bureau, sweet and hot peppers are celebrated not only for their ability to add a punch of vitamins, color, and piquancy to cooked dishes, but also for their compact growing space, disease resistance, productivity, and attractiveness in the garden or container. And don’t underestimate the competitive spirit—a chance to grow the hottest pepper on the block!

Peppers do best in a sunny spot. Do not transplant until days are at least 65 degrees and nights are above 55. They grow best in a location where plants from the same family have not recently grown--crop rotation is important for peppers (and tomatoes and eggplants). Introduce your seedlings to the garden gradually and transplant during mild weather. Allow 12-18 inches of space around each plant.

Fertilize about every two weeks, especially if you notice the plants become pale. Pale leaves can indicate that the plants need fertilizer. Big, healthy plants that



fail to bloom can indicate over-fertilization. Stop fertilizing once the plant blooms so that it can put its energy into fruit set. Plants will continue to bloom and set fruit until the first frost. If temperatures are above 85 degrees, or below 65 degrees, flower set and fruiting may slow down. Keep the plants watered and wait out the weather--they often will rebound if conditions improve.

Joe’s Greenhouse offers peppers to please all preferences, from the classic large “Yolo Wonder” green bell peppers to the legendary “Ghost” pepper, over 170 times hotter than the well-known jalapeno!



Hot Peppers

Scoville

“Ghost” Bhut Jolokia	over 1 million
Habanero Orange	325,000
Thai Hot	60,000
Red Chili Hot	50,000
Cayenne Long Slim	40,000
Serrano Tampiqueno	15,000
Hungarian Hot	2000-9000
Jalapeno	6000
Garden Salsa	4000
Poblano Ancho Grande	2000
New Mexico Big Jim	2000
Anaheim	1500
Holy Mole	600-900
Mexibell	500

Sweet/Bell Peppers

- Big Red**
- Chocolate Beauty**
- Golden Cal Wonder**
- Gypsy**
- Hungarian Sweet Banana**
- Pimento Perfection**
- Yolo Wonder**

Some Like it Hot

We all know that some peppers are hotter than others. What you may not know is that peppers are given an official “hotness” rating on the Scoville scale. Scores are based on tester responses to the amount of **Capsaicin**, the element that give peppers their spiciness, found in individual peppers. Sweet peppers generally have very low ratings, while the hottest peppers in the world can reach over 1 million. The chart below lists most of the peppers available at Joe’s Greenhouse this year and their approximate scoville rating.



Joe's Greenhouse

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