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Tomāto Tomāto

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Coming to America

- 32.5 million is the number of foreign-born residents in the US in 2002; they accounted for 11.5 percent of the nation's total population.
- Among the foreign-born population, 52% were born in Latin America, 26% in Asia, 14% in Europe and the remaining 8% in other regions of the world, such as Africa and Oceania.

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The Fourth of July—A Little History

Background

Independence Day, commonly known as the Fourth of July, is the annual celebration of nationhood. It commemorates the passage of the Declaration of Independence by the Continental Congress on July 4, 1776.

The Congress had voted in favor of independence from Great Britain on July 2 but did not actually complete the process of revising the Declaration of Independence, originally drafted by Thomas Jefferson in consultation with fellow committee members John Adams, Benjamin Franklin, Roger Sherman and William Livingston, until two days later. The celebration was initially modeled on that of the king's birthday, which had been marked annually by bell ringing, bonfires, solemn processions and oratory.

Early Years

In the early stages of the revolutionary movement in the colonies during the 1760s and early 1770s, patriots used such celebrations to proclaim their resistance to Parliament's legislation while lauding the king as the real defender of English

liberties. However, the marking of the first days of independence during the summer of 1776 actually took the form in many towns of a mock funeral for the king, whose "death" symbolized the end of monarchy and tyranny and the re-birth of liberty.

During the early years of the republic, Independence Day was commemorated with parades, oratory and toasting, in ceremonies that celebrated the existence of the new nation. These rites played an equally important role in the evolving federal political system.

19th Century Celebrations

The bombastic torrent of words that characterized Independence Day during the 19th century made it both a serious occasion and one sometimes open to ridicule—like the increasingly popular and democratic political process itself in that period. With the growth and diversification of American society, the Fourth of July commemoration became a patriotic tradition which many groups—not just political parties—sought to claim. Abolitionists, women's rights advocates, the

temperance movement, and opponents of immigration all seized the day and its observance, in the process often declaring that they could not celebrate with the entire community while an un-American perversion of their rights prevailed.

A Modern Holiday

With the rise of leisure, the Fourth also emerged as a major midsummer holiday. The prevalence of heavy drinking and the many injuries caused by setting off fireworks prompted reformers of the late 19th and the early 20th century to mount a Safe and Sane Fourth of July movement. During the later 20th century, although it remained a national holiday marked by parades, concerts of patriotic music and fireworks displays, Independence Day declined in importance as a venue for politics. It remains a potent symbol of national power and of specifically American qualities—even **the freedom to stay at home and barbecue.**

Fourth of July Fun Facts

Sixty-six million is the number of visits in a recent year to our national parks—a particularly scenic locale for a July 4th picnic. There were 766 million visits in a recent year to another popular picnic venue—state park or recreation areas. Those in California, Ohio, New York, Washington and Illinois recorded the highest number of visits.

You may or may not be able to picnic there, but a visit to a national historical site is a particularly fitting way to celebrate our nation's heritage. In a recent year, about 72 million people flocked to national historical sites and 24 million to national monuments.

The British are coming!

"The British are coming! The British are coming!" These

days, this cry applies to tourists rather than "redcoats". Nearly 5 million tourists from the UK visited the US in a recent year, more than from any other country except Japan.

The dollar volume of trade last year between the US and the UK was \$74 billion, making the UK, our adversary in 1776, our sixth-leading trading partner today!

Nebraska Produce Availability Chart

This chart is based n the average harvest seasons of locally grown produce.

	April	May	June	July	August	Sept	October
Fruit							
Apples							
Grapes							
Blackberries							
Raspberries							
Strawberries							
Vegetables							
Asparagus							
Beets							
broccoli							
Cabbage							
Carrots							
Cucumbers							
Eggplant							
Garlic							
Green Beans							
Gourds							
Herbs							
Lettuce							
Muskmelon							
Onions							
Peas							
Peppers							
Potatoes							
Pumpkins							
Rhubarb							
Spinach							
Squash							
Sweet com							
Tomatoes							
Tumips							
Radishes							
Watermelon							
Zucchini							

Beets, Red Cabbage, and Cranberries (RED)

Ingredients:

1 Tablespoon butter or oil
 1-1/2 cups coarsely-shredded red cabbage
 2 Tablespoons balsamic vinegar
 1-1/2 cups peeled, coarsely-shredded cooked fresh or canned whole baby beets, drained
 1/2 cup homemade or canned whole berry cranberry sauce
 1 teaspoon kosher salt
 1/4 teaspoon black pepper
 1/4 teaspoon ground cinnamon
 1/8 teaspoon ground ginger

1/8 teaspoon ground cloves

Preparation:

Melt butter in a large heavy pot. Add red cabbage and toss to coat. Cover pan and sweat the cabbage over medium-low heat about 5 minutes until limp, stirring occasionally.

Uncover and add balsamic vinegar, tossing to coat. Continue to sauté until red cabbage is al dente. Add beets, cranberry sauce, salt, pepper, cinnamon, ginger, and cloves. Stir to combine.

Cover and continue to cook about another 10 minutes on

medium-low heat or until cabbage is tender and ingredients are heated through.

Yield: 4 to 6 servings



*Have a Fourth
of July feast!!!*

Dill Potato Salad (WHITE)

Ingredients:

4 pounds waxy potatoes such as Red Bliss, Yukon Golds, or Blues
 4 green onions, finely sliced, including green ends

Dressing:

1-1/4 cup prepared mayonnaise
 Juice from one lemon
 1 teaspoon sweet Hungarian paprika
 1/2 teaspoon celery seeds

1/2 teaspoon cider vinegar
 2 Tablespoons finely chopped fresh dill weed
 Salt and freshly ground pepper to taste

Additional paprika for garnish

Preparation:

Boil whole unpeeled potatoes in salted water until fork tender. Drain. When cool enough to handle, cut potatoes into 1-inch cubes. (If you wish, you may peel the potatoes be-

fore cubing.) Toss with green onions.

Whisk together mayonnaise, lemon juice, paprika, celery seeds, cider vinegar, dill weed, salt, and pepper.

Pour dressing over potatoes and green onions. Toss gently to mix until thoroughly combined. Pour into serving dish and sprinkle lightly with paprika. Refrigerate at least 4 hours or overnight to let flavors mingle before serving.

Blue Cheese Pecan Spread (BLUE)

Ingredients:

1 pound good quality blue cheese, crumbled
 4 Tablespoons butter, softened
 1/4 cup whipping cream
 1 clove garlic
 1 cup pecans, toasted and finely chopped
 1/4 cup green onions, finely chopped
 1/4 cup chopped Italian parsley
 Toasted baguette slices, unsalted crackers, pear

or apple slices

Preparation:

Combine the blue cheese, butter, cream, and garlic in a food processor and blend until smooth. Pour into a bowl and fold in pecans, green onions, and parsley.

Cover with plastic wrap, making sure the wrap touches the top of the spread. Refrigerate at least 4 hours or overnight. Be-

fore serving, remove spread from refrigerator and let rest at room temperature at least an hour to make it easier to spread.

May be stored in the refrigerator up to 5 days.

Yield: about 2-1/2 cups spread



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Omaha's indoor farmers market



Just a reminder that the payment for the next five weeks is due on or before the 9th of July. We are so excited you have decided to go on this food journey though the seasons with us. We are almost at the half-way mark. We can't believe how quickly it is going and can't express to you what a joy it has been to serve you thus far.

Send in your favorite recipes to jody@tomatotomato.org!

Grilling 101

Chances are if you are going to be celebrating the 4th this weekend, you will do it around a grill. We wanted to give you a few grilling tips.

Choose wisely: If money's no object, line up the New York strip, T-bone, filet mignon, and porterhouse steaks. But if breaking the bank isn't part of your barbecuing plan, consider less spendy sirloin, flank steak, and skirt steaks.

Size matters: Choose cuts that are 1- to 1-1/4-inch thick. Pay special attention to bone-in cuts: make sure the steak is an even thickness. Meat near the bone will take longer to cook.

Use caution with marinades: Over-marinating can result in tough or mushy meat. For additional ways to flavor a steak, try a dry rub or top cooked steaks with herbed butter.

Handle hot coals: Sear steaks over direct heat, then move them to indirect heat to finish cooking. For a 1-inch thick steak, a general guide is 5 to 7 minutes per side for medium-rare (145 degrees F). For an accurate reading--and to avoid cutting into that sublime steak--use a meat thermometer to test for doneness.

Fair-Weather Fowl: Chicken is one of the trickiest foods to grill. And maybe the hardest is boneless, skinless chicken breasts. That's because the grill's high heat can dry out the meat before it's cooked through. Avoid drying by lightly pounding boneless chicken breasts to a uniform thickness; the breasts will cook more evenly.

Get on the stick: Call them kabobs, kebabs, satays, or

skewers, food on a stick is great for the grill.

Cut meats and veggies to the same size. One- to 1½-inch inch cubes work well.

Group foods with similar cooking times together. While a skewer of bell peppers, cherry tomatoes and chicken looks appetizing, those tomatoes may turn to mush--or worse, slither off the skewer--by the time the chicken is done.

To stabilize round or hard-to-skewer foods like tomatoes and shrimp, use two skewers parallel to each other.

