

Recipe

Late Summer Bounty

GRILLED CORN, POBLANO PEPPERS and TOMATO SALAD

Grill the corn and peppers to your liking. When they are cool, remove the corn from the cob and chop the peppers. Put into a bowl with chopped onion (which can also be lightly grilled if you like) and tomatoes. Toss with your favorite light dressing and salt & pepper. Serve with fresh fish, chicken or in a wrap with chopped greens and a sprinkle of your favorite cheese.

Tomato Info: The best tomato flavor has a balance of sweetness and acidity. Yellow tomatoes tend to have a lower acid content than red tomatoes. Heirloom tomatoes come from seeds handed down for generations and are open-pollinated, which means they're pollinated by insects or wind without human intervention. Typically, the definition of an heirloom is that they are at least 50 years old, are often pre-WWII varieties and their characteristics tend to remain stable from year to year.

What is your favorite tomato?



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