



# Newsletter

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**Why did the tomato go out with a prune?**

Because he couldn't find a date!

*"It's difficult to think anything but pleasant thoughts while eating a homegrown tomato."*

*- Lewis Grizzard*

## How to prepare the soil for Tomato Plants

Available in a variety of shapes and sizes, tomato plants are compact, with distinct heights depending on the cultivar. While there are several types of tomato plants available for the home garden, all varieties have a short harvest period, as well as specific planting needs. Soil is a main factor in planting nearly all types of tomatoes. Here are some tips for preparing soil to produce healthy tomatoes.

### Choose a Soil Type

Choose a soil for planting your tomatoes that is well drained, deep and loamy (rich with sand, silt and clay).

Please see *How to prepare the soil for Tomato Plants* on page 3

## Tomato contest

Tell us about your tomatoes!!

Email your favorite tomato recipe throughout the month of August.

Voting will take place the last week of August; if your recipe is chosen, it will be part of our features for the entire month of September!

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*“You say tomato,  
I say tomathto!”*

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And don't forget to send us pictures of your tomato garden, tomato dishes, tomato EVERYTHING! We would love to see them and to make you part of our tomato family!

All pictures and recipe submissions need to be emailed to the following:

sales@poconobudgetinn.com.

The last day to enter your recipe will be August 23, 2013 by 5:00 pm. Voting will begin on August 26, 2013.

## Fresh Tomatoes vs. Canned Tomatoes



*Always Fresh...  
Always Homemade!*

If you've ever eaten a tomato in February, then you are well aware of the challenges that a fresh tomato faces. It's a seasonal food. But even in season, [canned tomatoes](#) offer something that fresh can't. Tomatoes are preserved using heat, which releases lycopene—a carotenoid that may help prevent prostate and breast cancer. And canned tomatoes are super-easy: they're already peeled, chopped and ready to cook with! Canned tomatoes are now available in glass jars or aseptic boxes in addition to "BPA-free" cans. That's good news, because many cans, especially those used for acidic foods like tomatoes, are manufactured with BPA (bisphenol A). Why worry about BPA? Studies have linked BPA to infertility, heart disease and diabetes. In March 2012, the FDA ruled against a proposed ban of BPA use in food and drink packaging, based on "insufficient evidence" that BPA from these sources causes any ill effects. However, the FDA is encouraging packagers to find alternatives to BPA, and studies on its effects are ongoing.

**Winner: Canned tomatoes!**

*How to prepare the soil for Tomato Plants from page 1*

Test the soil's acidity. Tomatoes favor a more acidic soil with a pH of 6.2 to 6.8. Use a pH soil testing kit, available at home improvement and garden stores, to test the pH levels of the soil.

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### **Select a Planting Location**

Choose an area where the soil receives at least 6 hours of direct sunlight.

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### **Prepare the Soil**

Work the soil to prepare it for planting. Using a trowel or shovel, move the soil while it is dry. Working with wet soil will make it difficult to move and aerate, and it will stick to your tools. If soil pH conditions aren't ideal for growing tomato plants, add fertilizer to prepare your soil for planting.

Supplement the soil. Apply peat moss, compost or manure to the soil to improve its quality. Mix in small amounts of any or each of these components as you dig and mix your soil prior to planting. The richer the soil, the better the growing conditions.

Choose an area where the soil is deep. Tomato plants require being set deeply in the soil, up to their first leaves.

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### **Fertilize the Tomato Plants**

Purchase a fertilizer with a 5-10-5 ratio of nitrogen, phosphorous and potassium.

Prepare the fertilizer. Dissolve 2 tbsp. (30 ml) of fertilizer into 1 gallon (3.8 liters) of water. Apply 1 cup (240 ml) of the solution to the base of each tomato plant. For larger areas, apply 2 lbs. (907 g) of fertilizer per 100 square feet.

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# Types of Tomatoes



Some of our favourite tomatoes at Sage Garden!



VisualSlideshow.com

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