

The TOPS Reminder

A newsletter for Western Massachusetts Counties

By Terri Lavigne (413) 532-7664 losingweight@tlavigne.us July 2016

I recognize the barriers to achieving my goals and I move around them, over them and through them. “

The FOUR KORNER KOPS HONOR SOCIETY

Will hold a meeting August 27th at Mt Tom State Park, from Holyoke you go north on Northampton Street, past the old Mt. Park, the road is Reservation Road and it is on the left. Look for the signs. Parking and picnic area is on the left right after you pass the pond on the left. The cost to get into the park is \$5 a car, if you are handicapped it is free. Think about carpooling, you could always park your car at Rite Aides' parking lot and ride in together. Meeting will start at 11AM to 3PM. Please call Ruth Greene at 413-642-5686 or email her at ruth12425@verizon.net to see what you can bring for the picnic. Your yearly dues of \$10 are due at this meeting chapters should take every effort to help if there is money in their treasury. Paying even part of the

yearly membership will show the KOPS how much they are appreciated. Reminder if you are a few pounds away from your goal you're a welcome to see what they are all about; KOPS supporting other KOPS. Please bring a lawn chair.

Chapter Visits

August 8th 187 N. Adams

Whatever It Takes

I'm trying to start a group for men and women that need to lose 75 pounds or more. Depending on how many people are interested would determine if there would be a cost or not, either way it wouldn't be much. I thought we could meet every 3 months with support between meetings; Please let me know this month if you are interested. Don't worry if you are one of my chapters that are far away from me we

can meet half way. We can decide on the day after we see who interested .Please call 413-532-7664 or email me at losingweight@tlavigne.us . Please put something in the subject.

Tomatoes: Bursting with Nutrition

by Berkeley Wellness

Although botanically a fruit—specifically, a berry—the tomato is prepared and served as a vegetable. In this country, the Supreme Court officially proclaimed the tomato a vegetable in 1893 as a result of a tariff dispute.

Tomatoes are members of the nightshade family, which includes deadly nightshade as well as potatoes, bell peppers, and eggplant.

The tomato is a native South American plant that was brought to Europe by

Spanish explorers in the 1500s. Europeans, however, believed it to be poisonous and used it only as an ornamental houseplant. Not until the 1800s was the tomato widely accepted as a food, and even then it was customarily cooked for hours to neutralize its “poisons.” Only in the second half of that century was raw or lightly cooked tomatoes eaten by Europeans and Americans.



Types of Tomatoes

Over the last hundred years, tomatoes have been bred for hardiness in a variety of climates, and today commercial crops are cultivated in every state. Local growers supply tomatoes to every region of the country in season, mainly summer to fall. Out of season, most tomatoes grown in the US are shipped from Florida or California, or cultivated in a hothouse. Of course, many of the tomatoes

Americans eat are home grown. The tomato is the number-one vegetable favored by backyard gardeners.

There are thousands of tomato varieties, but most fall into one of the following categories:

Beefsteak tomatoes:

These large tomatoes are up to 6 inches in diameter and are extremely “meaty.” In other words, they have a high flesh-to-seed ratio. Prized by home gardeners, beefsteaks are only seasonally available. A distinguishing characteristic of some beefsteaks is an odd puckering or scarring at the blossom end known as “cat facing.”

Cherry tomatoes:

Round and bite-sized, these tomatoes are often served in salads and as garnishes. Their skin may be red or yellow. Varieties of “heirloom” cherry tomatoes are sometimes available at specialty food markets.

Currant tomatoes: The tiniest of the species, these tomatoes grow in clusters and measure only about 3/4 inch in diameter. They are available in both red and

yellow varieties and have a sweet, crisp flesh.

Grape tomatoes: Now widely available in supermarkets, these sweet, firm-textured, grape-shaped tomatoes are slightly more elongated than cherry tomatoes. Because they don’t have as much juice as cherry tomatoes do, “squirting” accidents are minimized.

Heirloom tomatoes:

About 25 years ago some dedicated individuals began saving what they could of the remaining open-pollinated (without human intervention) seed varieties of tomatoes. These have become known as “heirloom seeds.” An increasing number of growers are now using these seeds to produce an extensive array of heirloom tomatoes. Notable for their intriguing coloration (ranging from white to black, and yellow- or pink-striped to variegated), as well as their often amusing names (Mortgage Lifter, Box Car Willie, White Wonder, to name a few), these tomatoes are also prized for their excellent flavor. Because they are thin-skinned and fragile, they don’t ship well and are therefore not available in most supermarkets. Look for them at specialty food stores and farmers’ markets during

tomato season. Use them soon after purchase for the best flavor.

Pear tomatoes

(teardrop): These small, pear-shaped tomatoes (about the size of cherry tomatoes) have an intense, sweet-tomato flavor. There are red and yellow versions available.

Plum tomatoes (Italian, Roma):

These egg-shaped tomatoes are meatier and less juicy than slicing tomatoes, and are therefore ideal for making sauces and adding to other cooked foods. They are also the type most commonly used for making sun-dried tomatoes and canned whole tomatoes.

Slicing (round)

tomatoes: This is an umbrella term for medium-to-large tomatoes, including the globe varieties usually found in supermarkets.

Yellow or orange

tomatoes: These are sometimes advertised as “low-acid” tomatoes. But, in fact, they are not lower in acid than other tomatoes. Rather, they’re higher in sugar, which produces a very mild, sweet flavor. Like red tomatoes, these have plenty of vitamin C and potassium, but they don’t have lycopene.

Tomato products

When you can’t find flavorful fresh tomatoes, you may be better off relying on prepared tomatoes and tomato products. Canned tomato products are sold in vacuum-packed boxes as well as cans and jars. Dried tomatoes are sold loose, in plastic bags, or immersed in olive oil in jars. The dried tomatoes sold are almost invariably “sun-dried” tomatoes. This is essentially a marketing ploy—whether tomatoes are dried by the sun, a dehydrator, or a home oven doesn’t really affect their flavor.

Canned tomatoes

In general, canned tomatoes are designated “solid pack” (which means no liquid has been added) or packed in tomato juice, puree, or paste. The label will indicate the packing medium. Salt or other flavorings, such as bay leaf or basil, may also be included. Canned tomatoes with added salt may have twelve times the sodium of unsalted tomatoes, so be sure to check the ingredients list on the label. Salt-free brands don’t necessarily have the words “no salt added” prominently displayed. The following are the tomato products most commonly found in the market:

Whole tomatoes: Often the plum or Roma variety, these are mature whole tomatoes that have been cooked, peeled, and cored. Most whole canned tomatoes are solid pack.

Diced tomatoes: These tomatoes are excellent for stews and chunky pasta sauces. Most are packed in tomato juice or purée. Many have calcium chloride added to prevent the tomatoes from turning mushy.

Crushed tomatoes:

Similar to diced but the pieces tend to be less uniform in size.

Stewed tomatoes:

Tomatoes are labeled stewed when they are mixed with other vegetables (onion, green pepper, celery, for example) and seasonings such as oregano, thyme, and sage.

Tomato puree:

A concentrated form of tomato juice and tomato pulp, puree has the consistency of a thick tomato sauce, and may contain salt.

Tomato sauce:

This product is the same as tomato puree, except that the sauce has been seasoned. Be sure to read the labels; some brands have whopping amounts of sodium added.

There are also a huge variety of tomato-based pasta sauces on the market, and the added fat and sodium levels in some brands can be sky-high. One popular brand of marinara sauce gets 40 percent of its calories from fat and contains nearly 800 milligrams of sodium per 1/2-cup serving. Brands with added cheese or meat can be even higher in fat and sodium.

Tomato paste: This very concentrated form of tomatoes is sold in cans or in tubes. By law, tomato paste must be concentrated to more than 24 percent solids (compared with 8 to 24 percent for tomato puree).

Sun-dried tomatoes: These are plum tomatoes that have been dehydrated to preserve them and intensify their flavor. They are sold packed in oil or dry. The tomatoes that are not packed in oil are usually reconstituted by soaking in hot water before being used in cooking. Most often sun-dried tomatoes, like other dried fruits, are treated with sulfur dioxide to preserve their color and prevent rotting. People with sensitivity to sulfites— notably some people with asthma—should only consume dried tomatoes made without sulfur dioxide.

Recipe ideas: Try some of these tomato recipes to make the most of summer's bounty.

1. Bake or broil halved tomatoes.
2. Sauté cherry tomatoes with garlic and herbs and use as a topping for pasta or fish.
3. Purée tomatoes with roasted peppers and fresh basil for a summer soup.
4. Halve plum tomatoes, drizzle with olive oil, and slow-bake for 2 to 3 hours in a 250° oven, until very tender and sweet. Serve warm or at room temperature.
5. Purée fresh tomatoes and add vinegar and herbs for a low-fat salad dressing.
6. For a flavorful salsa, mix coarsely chopped ripe tomatoes with some minced onion, garlic, and chopped fresh cilantro or parsley. Add lime juice and chopped hot peppers (or a few drops of hot pepper sauce) to taste. Let the mixture stand for a few minutes and serve at room temperature.
7. Toss chunks of cooked sweet potato and fresh tomato with cumin, salt, and lime juice for a side salad.
8. Chop tomatoes and cucumber into 1/2-inch

chunks. Dress with a little salt and low-fat mayo for a summer salad.

9. Make a simple marinara sauce. Simmer ripe tomatoes with onion and a bunch of basil for one to two hours. Cool. Then put the mixture through a food mill or sieve to take out the solids. Simmer the remaining sauce until it is thick enough for pasta.

10. Hollow out large fresh tomatoes (save the pulp) and fill the tomatoes with a mixture of cooked couscous, chopped mint, grated carrot, the chopped tomato pulp, and finely diced red onion. Season with salt and pepper or fresh lemon juice.

11. Stir chopped tomatoes into green peas and season with chili powder.

12. Purée reconstituted sun-dried tomatoes and add to store-bought low-fat mayonnaise. Use as a sandwich spread.

How to store tomatoes at home

Room temperature (above 55°) is best for storing tomatoes. Don't refrigerate them. Place less-than-ripe tomatoes in a paper bag with an apple or banana. The ethylene gas given off by the fruit will hasten the ripening process. Keep the tomatoes

out of sunlight—they will overheat and ripen unevenly—and arrange them, stem-side up, to prevent bruising. Once the tomatoes are red and yield to the touch, they will keep for a day or two at room temperature



Pictures Left to Right

Marty, Jeanette, Paula, Gloria, Kathy, Ruth, Richard and Carolyn MA KOPS who went to IRD (Ruth is not a KOPS)

Diana TN , Judy MA Brenda TN

Chapter MA 0412 Westfield & MA 0395 Greenfield take a walk one IRD morning.

Marty MA past Royalty with AZ Royalty

Jeanette MA Past Royalty ,Barb Cady and Judy

Judy ,Kathy, Paula and Gloria

Carolyn Bellany MA
Royalty , MA 0395
Greenfield

Judy with AZ Royalty

Judy with ?

Richard Henry MA Royalty
from 0395 Greenfield

Jeanette never takes a day off; helping mend a dress.

CONGRATULTIONS!

Coordinator Rosie Smith receives an award for losing 20 pounds in 2015

Other Picture

Dave and Cassandra from 0211 Chicopee standing at the scale. Dave is cutting off a tentacle from Cassandra's Octopus .OUCH!

Group Picture

Chapter MA 0211 Chicopee holding their sea creatures. Last week we had a no gain meeting. In the picture Denise, Dave, Marsha. Cassandra, Halina. Darnelle, Rita and Pat





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