



AUGUST'S RECIPE

TOMATO

&

BRINE



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MOON BY MOON APOTHECARY

AUGUST the final summer month is here & all the summer flowers are turning to berry, seed, & fruit ~ the many colors dappling these lazy late summer days

many of our ancestors recognized the first of august as a harvest celebration, & in some places around the globe, this time of the year is still recognized for its unique energy & celebrated for its turn on the seasonal wheel. for instance, in chinese medicine, mid-august until the autumn equinox is considered to be the "fifth season" & has a whole range of associations to help us find alignment under its domain

some of those things entail eating, wearing, & surrounding oneself with: round/circular shapes; yellows, goldens, oranges; neutral & sweet (not sugar, but things naturally sweet in taste like yams or even sweet in smell like jasmine)... it is also a time to share the abundance of the season with friends & family, connect to the earth, & find moments to give thanks to the sun & the earth

one of my favorite fruits that totally embodies this time of the year is the tomato ~ it is round, sweet, seedy, red-orange, so abundant & even easier to share with your loved ones. this brings me to the recipe for this month: pickled tomatoes! so you can enjoy these divine fruits (actually, love apples is an old name for them) even in the midst of winter ~ enjoy

you'll need

- 2 clean, 2 quart glass jars with lids
- 3 lb tomatoes, washed & dried*
- 4 cloves garlic, sliced
- 4 bay leaves
- 1 bunch of parsley
- 1 bunch of dill leaves & seeds
- 1 stalk scallions
- 2-3 oak leaves
- 2 tablespoons whole black peppercorns
- 5-6 tablespoons salt
- 2 tablespoons sugar
- leaves of tarragon, summer savory, horseradish, or pear (optional)

*any tomato will do, including cherry or green. if large, then cut into quarters

recipe

- in a big pot, sterilize jars & lids in boiling water for 15 minutes. remove with cooking tongs
- add tomatoes & all the other herbs into the jars, then fill your jars with boiling water
- pour the water from your jars into a pot, add black peppercorns & boil for 5 minutes
- add salt & pepper to the boiled water & then pour it back in jars
- if your tomatoes are not completely covered, add boiling more water.
- securely close the lids & turn the jars upside down for 2-3 days.
- your pickled tomatoes will be ready within 2 weeks, though they can certainly sit for longer
- store them at a room temperature before opening, once you open the jar, they can be refrigerated for up to 2 months