

In the Garden

Tomatoes that taste like real tomatoes should

THE Great Weekend wants its readers to enjoy tomatoes that taste like real tomatoes by sharing information revealed in the recently released Juicy Tasty Tomatoes Gift Pack (second edition).

This gift pack is aimed at people who reminisce about the real taste of tomatoes.

It contains everything that anyone needs and needs to know to start growing their own mouth-watering produce.

The pack is produced by Australian plant pathologist Lucia Grimmer and tomato enthusiast Annette Welsford.

The easy to implement information, based on Lucia's extensive scientific research, has yielded amazing results when adopted, even by veteran tomato growers.

The set contains:

The How to Grow Juicy Tasty Tomatoes Handbook (2nd Edition) - This book, which has sold more than 5000 copies world-wide, is an 80-page full-colour scientific guide on growing tomatoes in every type of climate. It includes: - Comprehensive recommendations for soil preparation, staking, pruning and watering - 260 pictorial and descriptive aids for diagnosing and controlling nutritional, disease and pest issues - Growing advice for traditional and organic methods in the garden, pots or a greenhouse - Advice for harvesting, storage and seed saving - A glossary of Tomato Terms - Bonus Tomato Diary, Disease Ready Reckoner and Conversion Charts



for measurements The Tomato Varieties Database - a CD containing photos, cultivation and usage notes, and seed sources for more than 1300 varieties. Our Family Tomato Cookbook - a worldwide collection of family tomato recipes, many of which have been handed down over generations. Every

recipe was donated by purchasers of the first edition of How to Grow Juicy Tasty Tomatoes.

□ The set costs \$38.95 (including postage) and is available in e-book format for instant download or in a glossy printed format by mail order from www.bestjuicytomatoes.com.

How to grow juicy tasty tomatoes

As tomatoes can suffer from pest and disease issues in the height of summer in tropical and sub-tropical areas, it's best to get them started from seedlings now, so that

you're harvesting the fruit before Christmas. Tomato varieties are classified as early, mid or late season, which refers to how long it is before the fruit appears after transplanting.

Early will be 55 to 70 days, mid will be around 75 to 90 days and late-season tomatoes produce fruit from around 100 to 120 days. Check with your local nursery to see which early and mid varieties they have available.

1 Planting out

Drive a stake around 2cm in diameter into a prepared garden bed. The soil should have been turned over with organic matter several weeks before transplanting. Dig a hole a little deeper than the height of the plant's pot next to the stake, gently place the plant in the hole and firm in. tomato cages, or trellises can be used for support in lieu of stakes. The tomato seedlings should be planted 50-60cm apart to allow the sun to reach the ripening fruits.

2 Staking

Use soft twine or special tomato ties to tie the plant's stem loosely to the stake. As the plant grows, check the ties regularly and loosen them occasionally to prevent stem damage.

3 Pruning

Regularly nip out sideshoots that develop between the leaf and the stem using your thumb and finger.

3532173aa

the mackay foundation

CENT SALE

17th October 2010 ~ 1.30pm
North Mackay Bowls Club

200 prizes to be won
Lucky Door Prize

Ph: Mavis May 4957 7367

For Mine Safety... Call Muzza Training

Coal Surface and Underground
Generics and Refresher Courses

Weekend
Courses
Available

Muzza Training provides quality training, run by experienced trainers with extensive knowledge of the mining industry.

- New Inductions
- Coal Core Generics
– Surface and/or Underground
- Refresher Courses
- Recognition of Prior Learning
- Quality Training and Experience

MUZZA TRAINING

Shop 17, Nandaroo Shopping Centre, Rosewood Street, Rural View
P: (07) 4954 6038 M: 0434 321 326 W: www.muzzatraining.com.au



it's your chance to

WIN A BLUE MICRA

1 TOKEN

Shop 17, Nandaroo Shopping Centre, Rosewood Street, Rural View
P: (07) 4954 6038 M: 0434 321 326 W: www.muzzatraining.com.au

*See www.dailymercury.com.au for full terms and conditions.

In the Garden

Gift pack to get started

This helps to channel the plant's energy into its fruits.

4. Watering

Water only when your plants need it. Tomatoes like moisture, but over watering is harmful. You not only waste water, but soggy soil will prevent the roots from getting the air they need. If your plants look a little wilted on a hot, summer afternoon, that's usually normal. They'll perk up overnight. If plants are wilted in the morning, don't wait – water them!

5. Nutrition

To ensure that your tomato plants

grow and fruit properly, it is recommended that fertiliser is applied at three stages.

Pre-planting: Add organic matter and compost at least 2 to 3 weeks before planting out your seedlings. As compost and manure only have a low nutrient analysis, it will help to supplement the organic matter with a granular or liquid fertiliser which contains nitrogen, phosphorus and potassium.

6. Harvesting

When the fruits have ripened, pick them by bending back the fruit at the notch on the stem. Continue to water and feed the plant to help

the remaining fruits mature.

7. Storing

They can be eaten straight from the plant, or can be stored for up to a week in the fridge.

8. Pest and Diseases

Tomatoes can be seriously affected by pests and diseases, particularly in warm wet climates.

Because a home garden will probably only have five to 10 tomato plants, there may be no opportunity to replant (because of weather restrictions) if some plants are lost to pests and diseases.

Grow 'em, cook 'em and eat 'em

THE Tomato Cook Book was conceived by the authors of How to Grow Juicy Tasty Tomatoes – a result of feedback from their customers.

“We started receiving emails and letters containing recipes and asking if we had any to share,” the authors said.

“Our customers had grown such lovely big crops they wanted more ideas on what to do with all these tomatoes.

And so Our Family Tomato Cookbook was born.

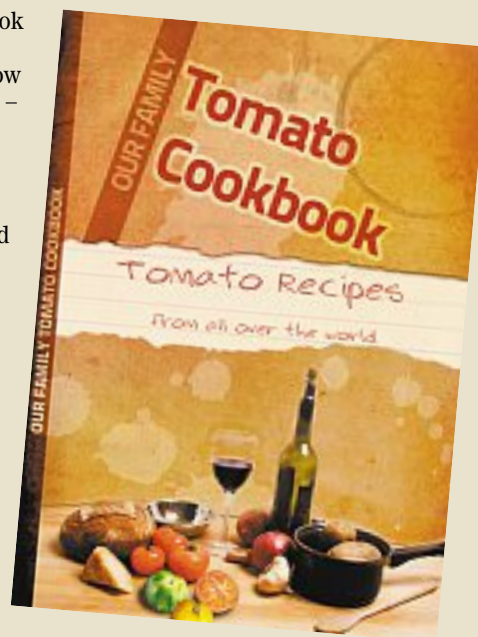
The recipes are an eclectic mix of culinary ideas from all over the world. They

have nearly all been donated by customers, friends and family and some of

them have been handed down for generations.

The book is part of the How to Grow Juicy Tasty Tomatoes pack.

☐ Check out a couple of these recipes on our Food & Wine pages, Page 49.



Thursday 21st to Sunday 24th October

BIG4 Adventure Whitsunday REEF FESTIVAL

CELEBRATING 10 YEARS 2001 - 2010

BIG4 Adventure Whitsunday Resort

4 FUN FILLED DAYS KIDS STAY FREE AT BIG 4 ADVENTURE RESORT!

Pending availability. Valid 20.10.10 – 27.10.10

Find out more information on ticket purchase and the many FREE events online at www.whitsundayreeffestival.com.au

WHAT'S HAPPENING THIS YEAR AT THE BIG 4 ADVENTURE WHITSUNDAY REEF FESTIVAL

CUT OUT & KEEP!

Thursday 21st October 2010

- All Festival Airlie Beach Hotel Main Street Shop Front Dress Up
- 12.00pm Barrier Reef TAFE Festival of Flavours Luncheon – \$19.95
- 6.00pm Ngaro Traditional Owners Opening Ceremony (at Shingley Beach)
- 7.00pm Video Ezy Starlight Movies at the Lagoon – '17 Again'
- 7.00pm Airlie Day Spa Comedy Gala (at Waterline on Shingley) – \$69.00

Friday 22nd October 2010

- 3.00pm Side Show Alley Rides and Games
- 6.00pm Porters Whitsunday Reef Fire Event – Fireworks and fun! Walk the LEW Path of Lights (Lagoon carpark to foreshore), live music and entertainment on the foreshore all night and the main event, a spectacular fireworks display set to a live soundtrack on Sea FM. Fashion TV presents Frocktails (at Waters Edge Resort) – from \$57
- 6.30pm Video Ezy Starlight Movies at the Lagoon – 'Avatar'
- 8.30pm Mama Africa's Official After Party
- 11.30pm

Saturday 23rd October 2010

- 7.00am Airlie Beach Markets (on the Airlie Beach Foreshore)
- 9.00am Zest Design Sand Sculpting Competition
- 10.00am Whitsunday Bareboat Open Day (at Abel Point Marina)
- 11.00am ChannelWhitsundays.com Recyclable Regatta (at Abel Point Marina)
- All day Helibiz Helicopter Joy Flights (departing Airlie foreshore)
- All day Side Show Alley Rides and Games
- 3.00pm Rotary Club of Airlie Beach Wearable Art Fashion Parade
- 4.30pm Rotary Club of Airlie Beach Street Parade
- 6.00pm Beach Music "Rock'n the Reef" – Live Music (on the Airlie Beach Foreshore)
- 7.00pm Flare Gods 2010 – Live flare shows throughout Rockin the Reef
- 11.30pm Magnums Carnival Festival After Party

Sunday 24th October 2010

- 8.30am Blessing on the Beach
- 10.00am Telstra Whitsunday Family Fun Day
- All day Helibiz Helicopter Joy Flights (departing Airlie foreshore)
- All day Side Show Alley Rides and Games
- 2.00pm Ocean Hotels Chill in the Park – Live Music
- 6.00pm Festival After Party at Airlie Beach Hotel
- 7.00pm Video Ezy Starlight Movies at the Lagoon – 'Up'

RFE13808 zest design

Food & wine



Tasty tomato treat

Baked Tomato Pie

Ingredients:

- 23cm (9 inch) pie shell
- 6 ripe tomatoes, sliced
- 1 onion sliced
- 180ml (6 fl oz.) mayonnaise
- 35 g (1 oz) shredded mozzarella cheese
- 35g (1 oz) grated

- parmesan cheese
- ground black pepper
- ground sea salt to taste
- 1 tblspn chopped fresh basil
- 2 tblspns chopped fresh oregano

Method

Preheat oven to 180C (350F).

Bake the pastry shell for 8 to 10 minutes or until lightly browned. Line pastry shell with sliced onions and top with sliced tomatoes. Add black pepper and salt to taste. Combine mozzarella, parmesan and mayonnaise in a bowl and spread evenly over tomatoes.

Bake for 20-25 minutes or until golden brown. Garnish with fresh herbs
 Recipes: Courtesy How to Grow Juicy Tasty Tomatoes cookbook

Slap together a traditional Greek salad with some zest

Traditional Greek Salad

Ingredients:

- 4 sliced or cubed ripe tomatoes
- ½ cucumber (chopped)
- 55gm (2 oz.) quality feta cheese
- juice of 1 lemon
- ¼ cup olive oil
- salt, pepper
- kalamata olives
- sliced purple or red

For the salad

Assemble diced avocados, cherry tomatoes, cooked prawns (shrimp), baby spinach, crumbled cheese of choice (such as feta or cottage cheese).

For the vinaigrette:

Whisk all ingredients in a small bowl and drizzle over salad. Top with fried or grilled bacon bits if desired.



Tomato au Gratin an easy meal or side dish to make

Tomato au Gratin

Ingredients:

- 4 whole tomatoes on the vine
- 1 cup of bread crumbs, freshly grated
- ¼ cup parmigiano cheese, freshly grated
- 1 clove of garlic, minced
- 3 tablespoons chopped fresh parsley and basil
- ¼ cup extra virgin olive oil
- Salt and freshly ground black pepper

Method

Preheat oven to 180 C (350 F)
 Slice tomatoes in half and scoop out the seeds; place bottom side down on a baking sheet.
 Combine bread crumbs, cheese, salt, pepper and parsley in a medium bowl. Add olive oil and mix well. Spoon mixture into each tomato half and drizzle with additional olive oil. Bake for 30 minutes. Place under griller for an additional 1-2 minutes or until golden on top. Garnish with sprigs of fresh basil.

TOP DROPS

A ripper 2009 Semillon



TIM Adams Wines have released a ripper 2009 Semillon from their Clare Valley heartland, wine that's what Clare Semillon is all about. Somewhat different to Semillons from major growing areas such as NSW's Hunter Valley, Clare Valley Semillon can be 'more robust' – as is the case with this one – and often with more concentrated fruit flavours. This wine's also got some nice notes to it from its oak maturation.

At \$22 grab a bottle of this Tim Adams and put it on the table with your favourite pan-fried white-fleshed fish.

You'll find the intense tropical fruit flavours go wonderfully with your fish choice – or if you're not into fish, enjoy it just as much with simple roast chicken and mashed potatoes infused with a handful of chopped parsley, or a baking pan of roast vegetables.

– David Ellis

Tintilla Patriarch Syrah

ROBERT and James Lusby have been making Hunter Valley Shiraz for 14 years, and decided a few years ago to make a Tintilla "Patriarch Syrah" from the most exceptional vintages. The 2007 has intense dark-berry, clove, dark chocolate and Hunter sweet leather flavours, and nicely integrated oak.



RACQ has a new service provider in Mackay

If you require roadside assistance in the Mackay or Marian area call RACQ on 13 1111.

Operated by Hansen's Tyre and Mechanical, one of the friendly team will be out to help you any time, day or night.

For general membership and insurance enquiries including payments and renewals, visit the store at 214 Victoria St, Mackay.

instore / racq.com / 13 1905 / 24 hours every day

Motoring Insurance Travel Finance

