

# ISLAND GROWN

---

---

## HARVEST <sup>OF</sup> THE MONTH

---

---

*- September, 2014 -*

# TOMATOES

### SLOW ROASTED TOMATOES

3 pounds plum tomatoes, halved lengthwise

4 cloves of garlic, minced

4 TBL. Extra virgin olive oil

A sprig or two fresh thyme leaves picked and finely chopped

Salt and pepper to taste

Preheat oven to 200.

Put tomatoes cut side up in a large 4 sided sheet pan.

Sprinkle the tomatoes with the minced garlic,

and drizzle with olive oil.

Season lightly with salt and ground black pepper

Roast in the oven 6-8 hours.

Cool.

*Tomatoes will keep in an air tight container, refrigerated, for two weeks.  
Serve at room temperature.*



*For more information visit*

**ISLANDGROWNSCHOOLS.ORG/HARVESTOFTHEMONTH**