

There's nothing like the turn of season from summer to fall. Those glorious few weeks when there's a surge of renewed energy in the air, a push forward on all fronts both personal and professional, as well as a temperate nod to the cold weather months ahead. It's an impetus to savor the fleeting flavors of summer while you still can, and a call to make them last with an afternoon in the kitchen canning and preserving to your heart's content. Last call for heirloom tomatoes, juicy peaches, damson plums, and bright bell peppers in a rainbow of colors. Get 'em while you can and take the next step to "put 'em up." You'll be left with a pantry full of mason jars large and small filled with sauces, jams, chutneys and pickled vegetables. It's like you've just reentered

your grandmother's kitchen; get excited.

A hands-down favorite end-of-summer delight, the heirloom tomato, which is in its final few weeks of splendor. Oozing with antioxidants and lycopene, tomatoes can help fend off cold season and keep your complexion radiant all winter long. Lycopene is released in greatest capacity when tomatoes are cooked, so eat your share of fresh salads and sides with heirloom and vine-ripened varieties and then turn those little lovelies into an easy, rustic sauce that will brighten up pasta, fish and chicken, vegetables and more from now until next spring. So, break out your stash of masons, start canning to lock in summer's goodness and jump straight into a brand new season.



HARVEST BOUNTY TOMATOES

PHOTOGRAPHY: JEN ALTMAN
COPY & RECIPES: MARISSA LIPPERT

CLICK [HERE](#) TO
DOWNLOAD
THE RECIPES!

