

Jessica, the Seed Saver



Written & Illustrated by
Janet R. Bradbury

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Acknowledgements

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Sincere thanks to Janet Bradbury for the gift of her artistry and storytelling to bring this concept to fruition, inspiring a young audience to learn about and grow these wonderful tomatoes.

- Heritage Food Crops Research Trust



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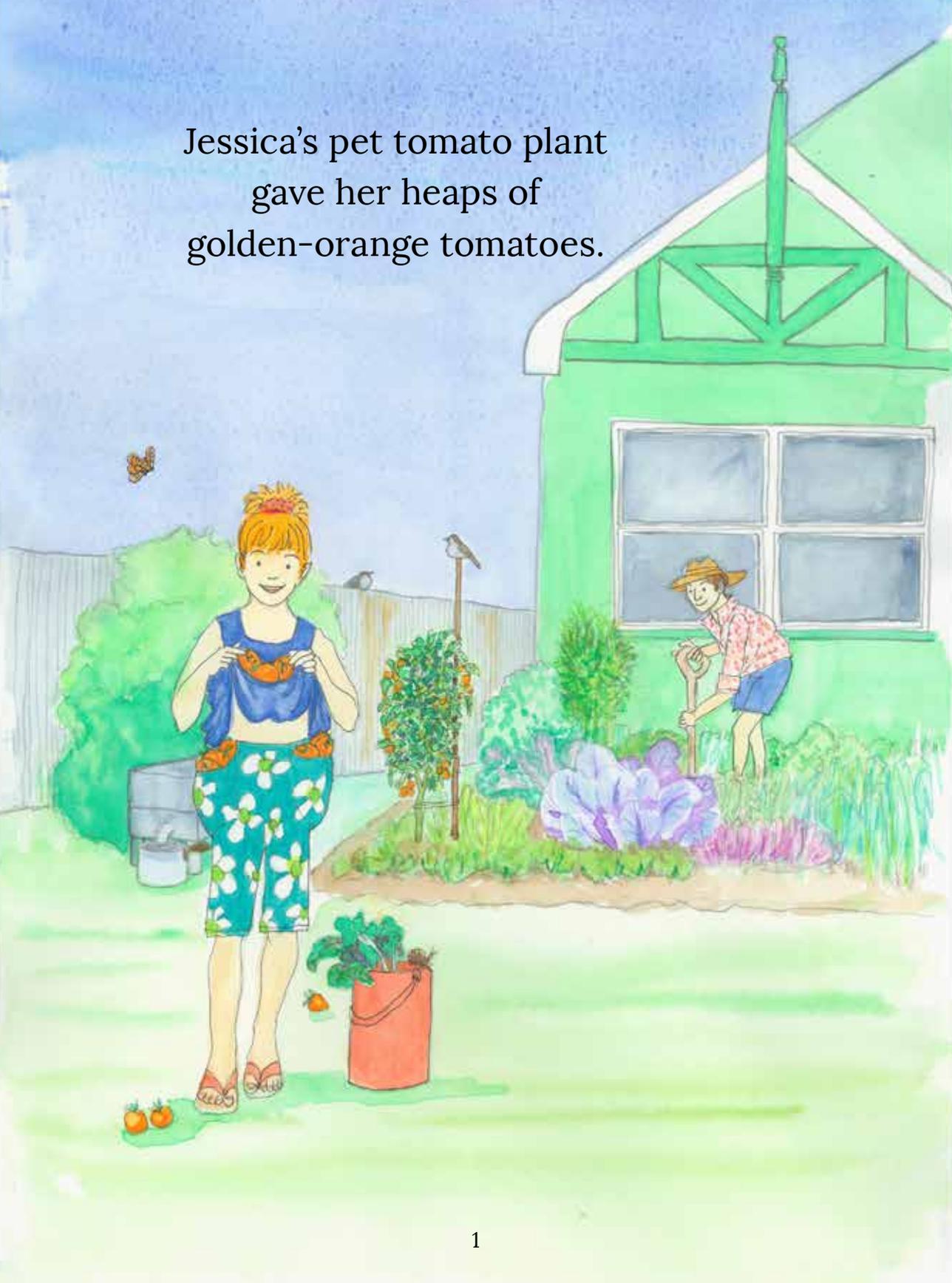
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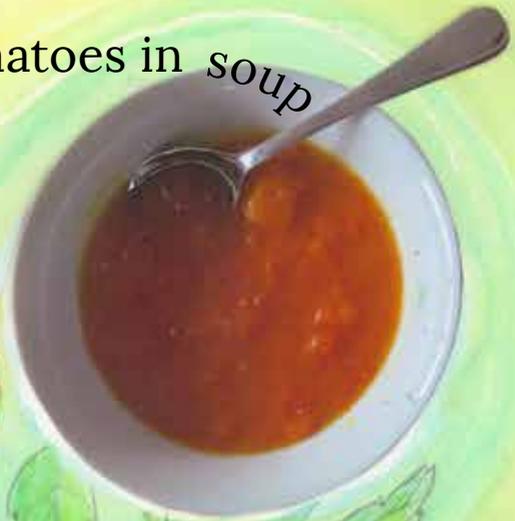
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Jessica's pet tomato plant
gave her heaps of
golden-orange tomatoes.



For weeks Jessica
and her father ate tomatoes in soup



sandwiches



salads

Recipes for
these dishes
are on
page 29



quiche



and
of course,

home-made tomato sauce



They had so many they gave extra ones
to her friends at school and to their neighbours,
to Jessica's Nanna and Grandad,

One day there were no tomatoes left.

The tomato plant looked very limp.

“What’s wrong?” Jessica asked.

“Are you sick?”

“No,” answered the tomato plant,

“I’m not sick, I’m just getting old.”



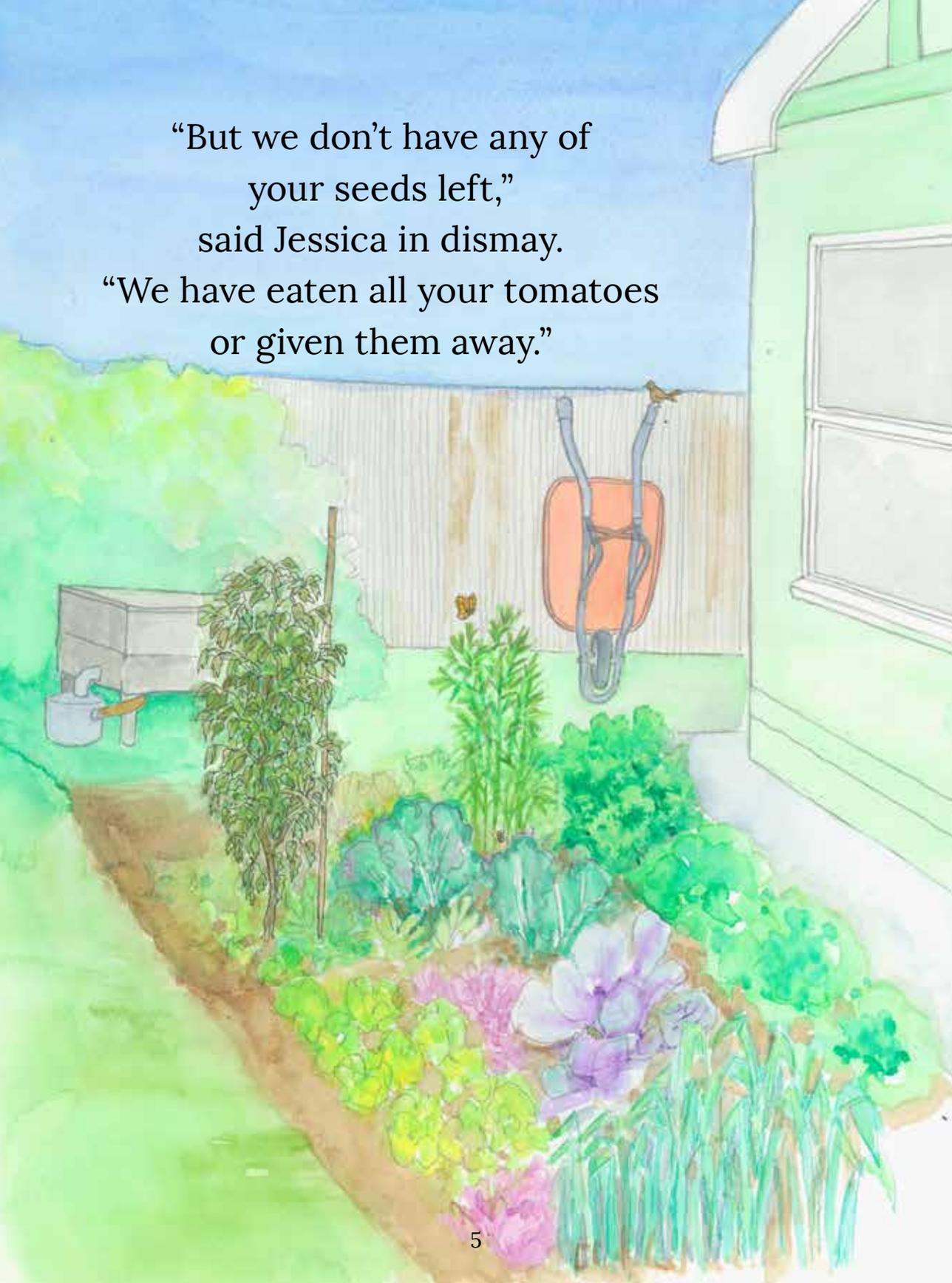
“Oh,” exclaimed Jessica.

“Does that mean you are going to die?”

“Yes,” said the tomato plant,

“But you can compost me and enrich the soil for when you plant my seeds in the spring.”

“But we don’t have any of
your seeds left,”
said Jessica in dismay.
“We have eaten all your tomatoes
or given them away.”

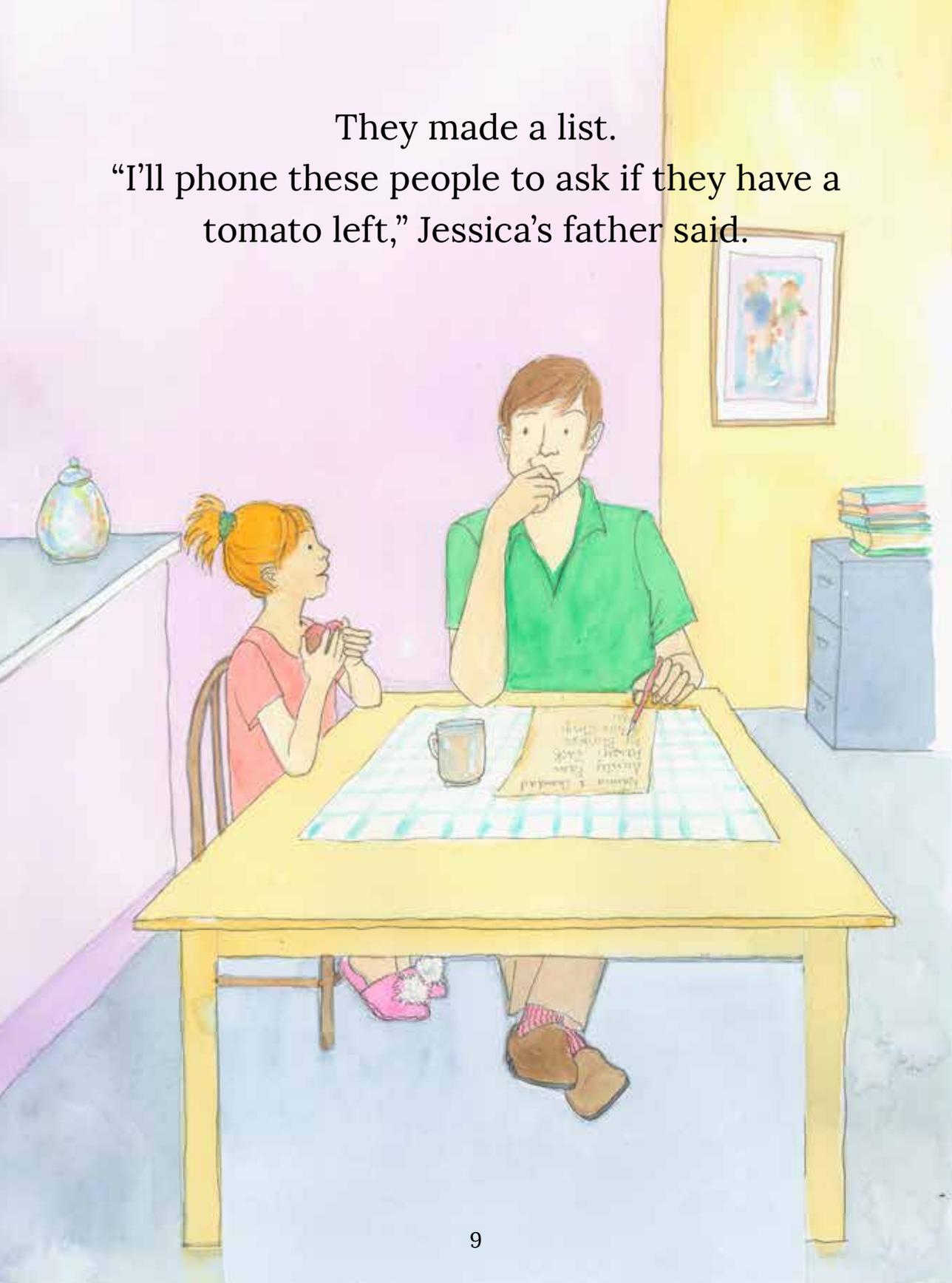




Jessica was very sad when she told her
father what the tomato had said.
“You really love your tomato, don’t you,”
said her father.
“I’ll miss it too - it is very special.”

“Let’s try to remember who we gave the tomatoes to - because maybe someone has one left so we can keep the seeds,”
said Jessica’s father.

They made a list.
“I’ll phone these people to ask if they have a
tomato left,” Jessica’s father said.



Hi Daisy.
Jessica's dad here.
I'm phoning to ask if
you have any
tomatoes left?



No we don't, Mr Jones.
We had the last ones
in the weekend.



Hi, Dave Jones here.
I'm calling to ask if you
have any golden-orange
tomatoes left - the ones
Jessica gave to Billy.



Kia ora, Dave.
No, I'm sorry we don't.
We ate them all - Billy
loved them.





Hi Nanna.
Do you have any golden-
orange tomatoes left?



No none at all.
I made the last
ones into
lovely quiche.

Hello, Miss Jackson.
Dave Jones here. Do you
have any of the tomatoes left
that Jessica
brought to school?



No, we ate them all.
The kids loved them!

“Mmmm!
No luck so far,” said Jessica’s father,
when he turned off the phone.
“We’ll visit Mrs Kingi tomorrow -
she may have one left.”



Jessica and her dad found Mrs Kingi in her garden. “Tena korua,” she said, “This is a nice surprise. Are you bringing me more of your delicious golden-orange tomatoes?”



“Tena koe, Mrs Kingi. No, my tomato plant has finished fruiting and we have none left. We are hoping you might have one left so we can keep the seeds.”

“Aha!” said Mrs Kingi.
“I can help you. I’m a seed saver and I’ve
already saved the seeds from one of
your special tomatoes.”





“Come and I’ll show you how it’s done.”



“These are the seeds from some tomatoes from your plant,” said Mrs Kingi.
“They have been soaking for three days and today is the day for cleaning them.”

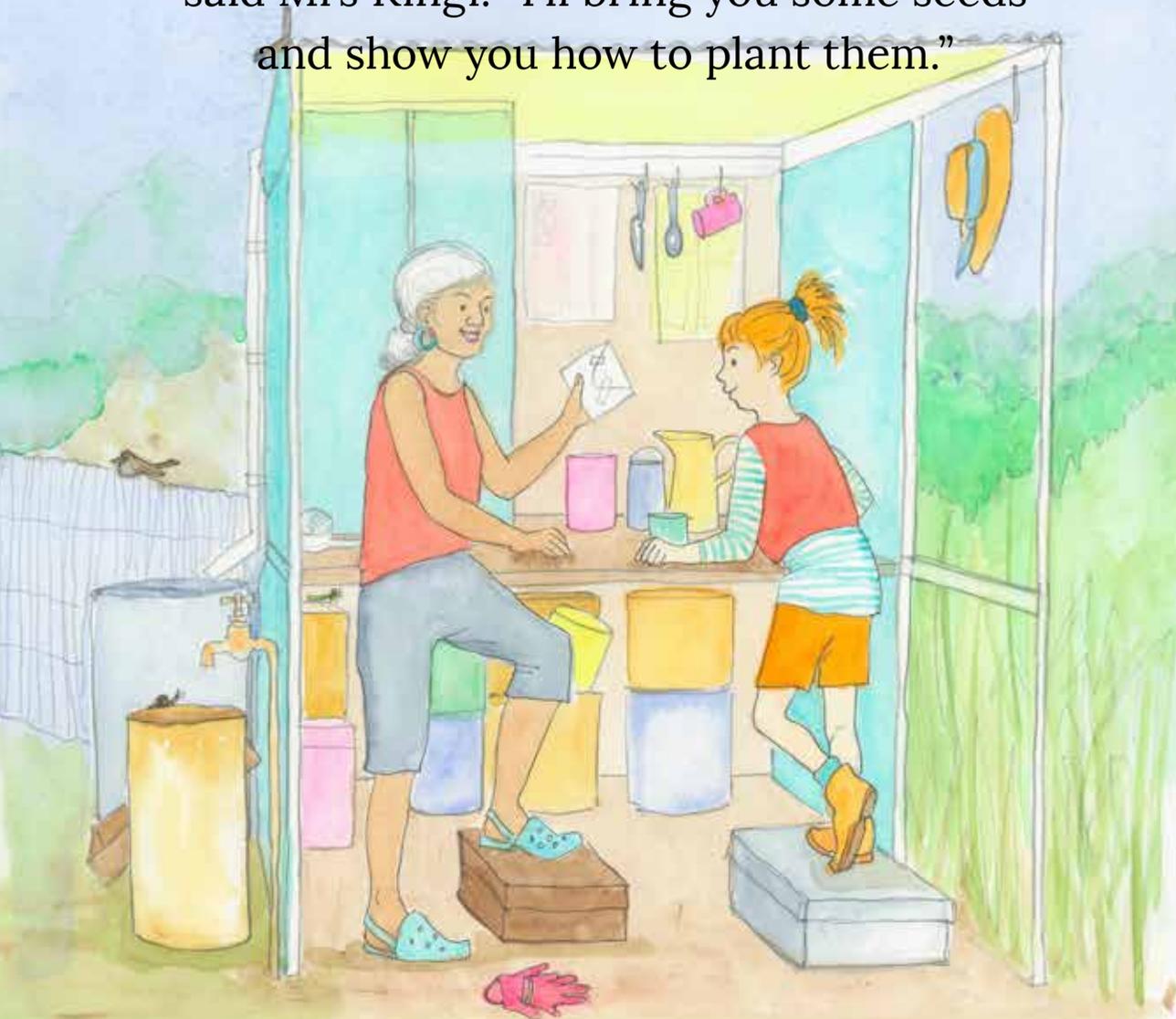


“We tip the seeds from the jar into the sieve and run water through it. Rub the seeds with your fingers to remove the gel.”



“Now they are spread out onto baking paper to dry out for a few days. After about a week I’ll put them into an envelope and print the name of the seeds on the outside.”

“I’ll keep the seeds in a cool, dry place until Spring when they can be planted,” said Mrs Kingi. “I’ll bring you some seeds and show you how to plant them.”



“Oh thank you so much!” said Jessica. “I must go and tell my tomato plant that we have saved some of its seeds.”



Jessica's tomato plant was looking very weak. Jessica told it about Mrs Kingi.

“That's wonderful news,” said the tomato plant, “Mrs Kingi knows something very important about how to plant the seeds.

Remember to ask her when you are planting them in the Springtime.”

A week later the tomato plant
looked very frail.
“Today is the day you pull me out
and put me in the compost,”
it said to Jessica.



In Springtime Mrs Kingi came
to show Jessica and her father
how to plant the seeds.



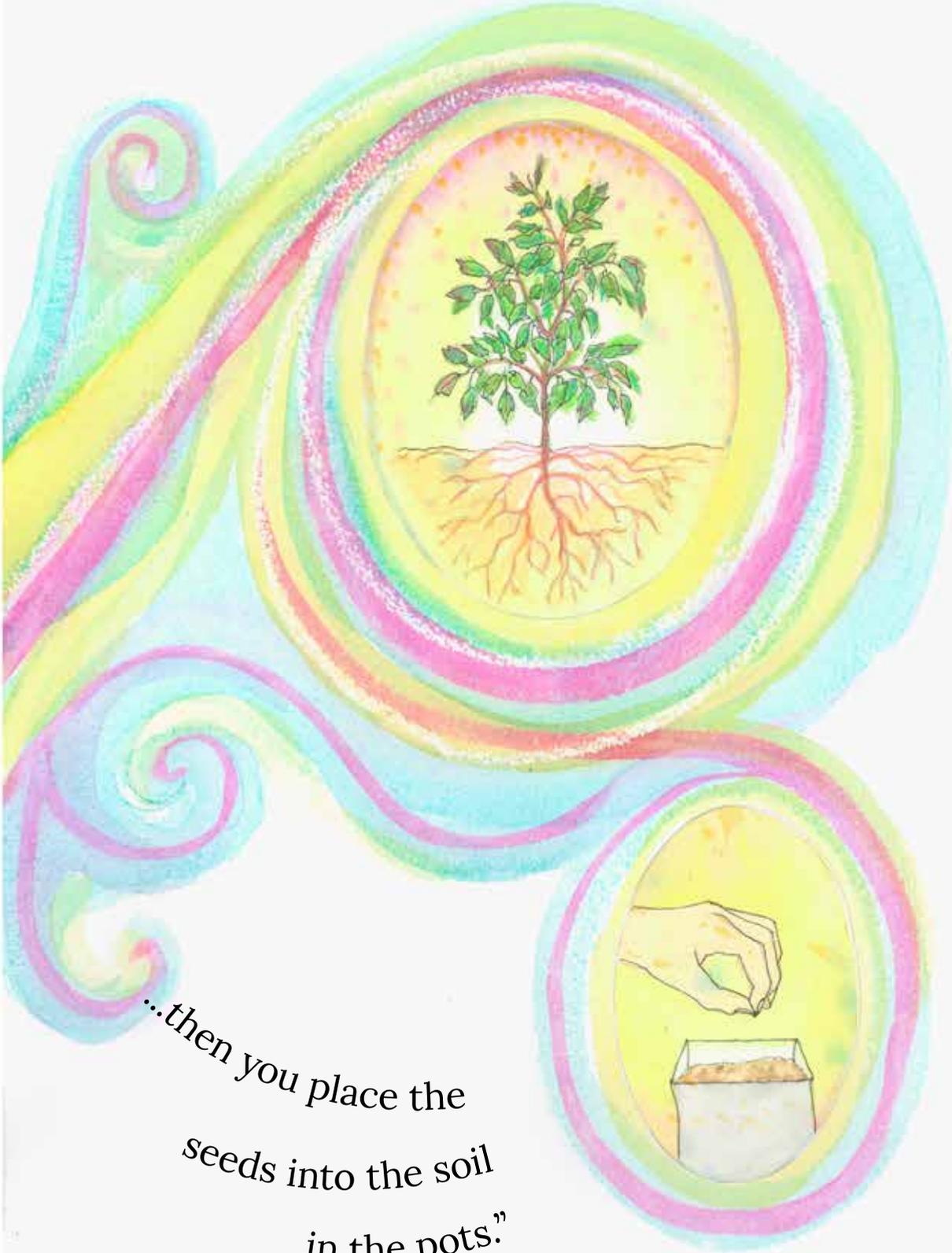
“My tomato plant told me
to ask you about the important thing
you know about planting seeds,”
said Jessica to Mrs Kingi.



“Ka pai, Jessica,” said Mrs Kingi.
Before you plant the seeds
you say a “grow well” wish...



...the “grow well” wish
will help your seeds make
strong roots and healthy leaves



*...then you place the
seeds into the soil
in the pots.”*

“Wow!” said Jessica.
“Soon we’ll have a whole family
of plants just like my special
golden-orange tomato plant.”



“Just imagine how many tomatoes we will be able
to give away when all the plants have grown”

TOMATO SALAD RECIPE:

INGREDIENTS:

1 kg golden/orange tomatoes unevenly chopped
1 red capsicum, seeded and sliced
A selection of fruits, such as grapes,
apples and mandarins, all chopped
Sea salt and freshly ground black pepper
½ teaspoon dried oregano
Balsamic Vinegar
Olive oil
1 garlic clove, peeled and grated

DIRECTIONS:

Put the tomatoes and capsicum in a colander and sprinkle with a good pinch of the salt. Toss and mix and sprinkle again with another pinch of salt. Stand for 15 minutes then discard any juice that has come out of them.
Transfer the tomatoes and capsicum to a large bowl. Sprinkle the oregano over the salad.
Make a dressing using 1 part vinegar to 3 parts olive oil, the garlic and some freshly ground pepper.
Drizzle the dressing over the tomatoes and capsicum.

JESSICA'S HEALTHY TOMATO SAUCE RECIPE:

INGREDIENTS:

1 kg onion thinly sliced
5 cloves of garlic minced
2 tablespoons of olive oil
2 kg large ripe golden/orange tomatoes, roughly sliced
2 kg Monty's Surprise apples, roughly sliced
600 ml apple cider vinegar
3 bay leaves
Sea salt

DIRECTIONS:

In a frying pan, heat the olive oil on a medium heat. Add the onions and garlic and some salt and cook for 10 minutes, stirring often.
Transfer to a large, heavy-bottomed pot, together with the tomatoes, apples, apple cider vinegar and bay leaves. As soon as the mixture reaches boiling point, reduce the heat to medium low and simmer uncovered for 40-60 minutes, until the sauce has thickened. Stir from time to time. Add salt to taste, and while hot pour into sterilised bottles (removing bay leaves).

LOUISE'S TOMATO SOUP

INGREDIENTS:

2 kg unpeeled tomatoes, washed and chopped
2 medium onions, finely chopped
2 stalks of celery, finely chopped
1-2 carrots, grated on coarse grate
1 clove, or a good pinch of ground cloves
Sea salt to taste

DIRECTIONS:

Boil everything together in a large heavy-bottomed pot for 1 hour or longer. Put through a fine moulie sieve, or food processor, and return to stove. Add sugar to taste, bring to boil again and add ½ cup cornflour which has been mixed to a smooth paste with cold water. Stir fast with a whisk and cook another 5 minutes.
Bottle into sterilised jars and seal.
When ready to eat, dilute with an equal amount of water, a knob of butter and heat.

NANNA'S ROLLED OATS QUICHE

DIRECTIONS:

In a bowl mix together 1 cup of rolled oats and 1 cup of flour.
Into a cup pour ½ cup of olive oil and ½ cup of cold water. Pour the water and oil mixture into the rolled oats and flour and stir in until mixed. (Don't over beat)
Press this dough into an oiled quiche dish (about 25cm in diameter). Bake for 10 minutes at 150°C.
Meanwhile, while the pastry is cooking, beat 4 eggs in a bowl and add ¾ cup of milk, ½ cup of tasty cheese, 1 tablespoon of chopped parsley, salt and pepper to taste. Pour these ingredients into the quiche dish. Slice tomatoes on the top before placing in the oven. Return to the oven and bake another 20 minutes or until cooked through.

TRY OTHER COMBINATIONS FOR FILLINGS:

200g can of salmon (drained)
440g can of whole corn (drained)
1 ½ cups of cooked vegetables cut into small pieces.

SEED PLANTING INSTRUCTIONS

Plant seeds in trays sometime between early September and early November:

- Fill trays with seed-raising mix, place seeds about 3cm apart and cover them with a sprinkling of mix.
- As you plant each seed, send it a 'grow well' wish. (see 'The Energy of Intention' below.)
- Place the trays in a warm position and keep them watered.
- When tiny tomato seedlings begin to emerge and their baby leaves appear (anywhere from 3 to 10 days), move the plants into brighter light conditions to keep their growth compact.
- When the second set of tomato leaves appear, transplant the seedlings into 10cm pots, gently lifting the roots with a dinner-fork and holding the plant by its leaves.
- Harden off the seedlings by placing them outdoors in direct sunlight, beginning with an hour a day and increasing outdoor exposure over several days.
- Transplant to the garden after the last frost.
- If you need more detailed instructions, look at www.reneesgarden.com/articles/grow-tomato.htm

Open Source Research Project – 'The Energy of Intention'

Just as the most important ingredient in preparing a meal is 'love', so it is with planting a seed. You influence the outcome of your actions through the energy of your thoughts.

We welcome you to experiment with these special tomato seeds by planting them with your most positive energy, and the intention to help the world by growing the best tomatoes for the health of the people who eat them.