



## MEMORIES MUSINGS

By Cheri Sims

Cheri lives, writes and gardens in Charleston.

Tomatoes come in all sizes, shapes and colors but over the years I have decided that I am most fond of the yellow tomato. My parents began buying them after my Dad had a heart attack and the doctor advised him that the yellow tomato had less acid than the others so they became a staple in both our houses. Hubby still preferred red beefsteak but I found the yellow variety did not give me as much indigestion especially when eaten with bacon. My dad and I decided that one can not live without bacon and tomato sandwiches in the summer so we switched.

It took me quite a while to learn how to make yellow tomato sauce, for pasta, to taste like red sauce but I finally figured it out. Strangely enough, I discovered that if I add a few sage leaves it adds to the flavor and is very much like red sauce. We had never used sage in pasta sauce but I used it by accident when reaching for the dried basil and was quite surprised at the result. Even though I have tried really hard to prefer the yellow sauce over the red it is not quite right and

I have to make up a couple quarts of fresh red sauce and thanks to friend, Larry, I will have enough red sauce for this winter.

I planted three large tubs each with a single plant this year but the yellow tomato plant died first. The red plant produced a few and the yellow cherry plant did quite well but did not produce enough to make a sauce. I have been buying yellow tomatoes at the Charleston farmers market from Mr. Upphoff and that man is a wizard at growing tomatoes. I shall keep buying from him as long as he comes to the market this year. Next week I plan to buy all he has and to spend the day with a bit of cooking and freezing. The yellow tomato seems to have more meat in each tomato and it does not take as many tomatoes for a recipe and I have discovered that they freeze better than red ones. I found a great yellow tomato freezer jam recipe on the "spoongood.com" website and made it already this year. It is delicious!

Many years ago on one of our first trips to Bar Harbor, Maine we stayed in

a B&B farm house on the ocean and were treated to yellow tomato marmalade for breakfast. The B&B was run by a three generation Canadian family who moved to Bar Harbor to start a chocolate shop so Hubby was in his element speaking French. The breakfast buffet was filled with chocolate dishes of all kinds, which thrilled Hubby, but what caught my attention was the yellow tomato and lemon marmalade. It, too, was homemade and delicious but unlike the chocolate items they did not provide a recipe or sell the product.

When the daughter explained the ingredients I was skeptical of the taste but I spread it on a homemade croissant and the flavor burst in my mouth was amazing. I come from a long line of lemon lovers and the thought of mixing it with tomato just did not seem right. I was wrong; again, the flavor is quite unique and delicious. It was also at this B&B that I learned about mixing lemon and catsup on fish. Usually Northern chefs do not like it when you mess with their fish, like putting catsup on it but they approve of lemon. As we were discussing the virtues of lemon and tomato together the Grandfather announced that he approved of lemon and catsup on fish and low and behold we were served poached haddock with lemon and catsup for dinner that night. To this day I eat my fish with lemon and

catsup.

After all these years, while searching for yellow tomato recipes I located a lemon and yellow tomato marmalade recipe on the N.Y.Post web site. I shall be making this recipe this week and I can't wait to try it. I certainly hope it tastes like the marmalade we had so many years ago.

Pucker up and enjoy!

### Lemon and Yellow Tomato Marmalade

By Florence Fabricant

#### Ingredients

- \* 2 lemons, seeded and chopped, including the skins
- \* 1 cup fresh orange juice
- \* 2 pounds yellow tomatoes, peeled, seeded and chopped
- \* 2 Granny Smith apples, peeled, cored and chopped
- \* 2 cups sugar
- \* 8 whole allspice

#### Preparation

1. Combine the lemons and orange juice in a blender or food processor and process until the lemon is finely chopped. Transfer to a large, heavy saucepan, bring to a simmer and cook over medium-high heat until the lemon becomes transparent.

2. Add the remaining ingredients and continue to simmer over medium heat until they have thickened, about 30 minutes. Spoon into sterilized eight-ounce jelly jars and seal with paraffin or cover with canning lids and process in a boiling

water bath for 10 minutes, then allow to cool, check lids and store in a dark place. <https://cooking.nytimes.com/recipes/2793-yellow-tomato-marmalade>

### Heirloom Yellow Tomato Jam

#### Ingredients

- \* 3-4 cups of Yellow Pear tomatoes, whole
- Note: (I used chopped yellow tomato)*
- \* Several whole fresh basil, mint or tarragon leaves
- \* 2 tablespoons fresh lemon juice
- \* 1/2 teaspoon grated lemon zest
- \* 1/4 teaspoon salt
- \* 2/3 cup granulated sugar
- \* Small piece of cinnamon stick (or teaspoon ground)
- \* 2 whole cloves (or 1/8 teaspoon ground)
- \* 1 teaspoon Powdered Fruit Pectin (or 1 tablespoon potato starch, tapioca starch or arrowroot powder)
- \* 1 half pint (8 ounce) jar with lid (clean & sanitize in dishwasher)

#### Preparation

1. Place tomatoes, basil, lemon juice, lemon zest and salt in a medium saucepan and bring to a boil. Reduce heat to low, cover and simmer for 10 minutes, breaking up the tomatoes with the back of your spoon. Remove from heat, let sit until cool enough to handle.

2. Pour whole mixture through a strainer set over a bowl. Push on the tomatoes to get all the liquid out. Discard contents of strainer.

3. Pour the liquid back into the sauce pan and add the sugar, cinnamon and cloves. Cook over low/medium heat until mixture is slightly bubbling and sugar is fully dissolved. Stir in the pectin, and bring the mixture to a full rolling boil while stirring. Boil vigorously while carefully stirring for one whole minute. Turn off heat.

4. Carefully spoon the jam into a half pint jar, or two 4 ounce jars. Leave inch space from top. Leave the cinnamon stick in, if desired. Remove the clove if you used whole clove. Wipe rim of the jar off with a clean damp paper towel and seal with lid, turning until just barely fingertip tight.

5. Let cool completely at room temperature for 24 hours. Label and date the jar. If you used cinnamon stick and leave it in, make note that the cinnamon stick is in the jam on the label.

6. Store jam in the refrigerator or freezer until ready to serve (up to 1 week in refrigerator, 6 months in the freezer). You could also process the jam using the hot water bath canning method. If a proper seal is established, it will keep on the shelf for up to one year. <https://spoon-good.com/2015/07/30/heirloom-yellow-tomato-jam/>



## REAL LIFE WELLNESS

By Dr. Bill Hemmer

Health vs. Sickness Care

Before 1930, Healthcare providers had no choice but treat their patients with lifestyle changes, dietary changes, local herbs and specific foods that were known to help an ailment. These providers used wisdom passed down to them from 100's of years of treatments and were also sometimes not paid with money, but were reimbursed with livestock, manual labor or other things that were of

value for the patient.

This exchange system developed so there would be an even trade between the doctor and the patient so both could be held accountable for their actions. This is a major reason doctors became a highly respected member of the community and was known for taking care of the entire community without fail from birth to death.

Back then, the doctor

focused on you getting and staying healthy. In many cultures, the quality of the doctor was measured on how healthy their patients were. If many of their patients were sick, the quality and reputation of that doctor was tarnished.

Obviously, I don't want to be paid in livestock, but I would love to go back to the idea of keeping people healthy so they can look better, feel better and live longer without pain or disease. Healthy lifestyle, eating real food, exercise and having a strong social circle doesn't have side-effects. So how did our culture get away from those basic ideas?

My opinion is we became sickness care providers because it was a better for-

profit business model. When penicillin was developed, it was the greatest thing that ever happened for modern medicine. It literally completely changed the practice of healthcare within that next decade. Medicine saves millions of lives each year and when used appropriately, will continue to do the same for many years to come.

But somewhere in the last 90 years, the focus on medication eroded away what those early healthcare providers did for their patients from a health point-of-view. When was the last time you went to your doctor and you talked about healthy eating, exercise, sleep and the quality of your relationships?

Our current system looks for disease with tests and

scans and if there aren't any present, you are told you are "fine" and told to come back next year to see if you have fallen into a disease that can be treated. In other words, our current model is to leave you alone with your current lifestyle and habits until your health deteriorates to the point of having a disease, then use medication to treat your disease.

In other words, sickness care.

With sickness care, tests and scans are used to measure how well medications are managing your disease, but most medications are meant to be taken for the rest of your life. This business model is how our medical system has grown into 18 percent of the entire economy of the US

in 2020. Currently 40 percent of US adults have two or more chronic illnesses. These are the real numbers, I'm not making any judgments here, just stating the facts of where we are today.

My hope would be to work our way back to health care and away from sickness care. You are your own best healthcare provider. You make choices every day to eat, drink, move and talk to whomever you want to. All you need is information, support and motivation to do the right things for the right reasons.

Inside of you is the seed of health. You just need the proper fertilizer to make that seed grow.

# In-Person Workforce Services now available at American Job Centers

Scheduled Appointments Required for In-Person Assistance, Callbacks to Continue

The Illinois Department of Employment Security (IDES) announced today that it will begin

the phased restoration of in-person workforce and limited unemployment services at American Job Centers throughout the state on an appointment-only basis starting Thursday, August 26. **In-person appointments will be available at the following locations as part of the first phase of the plan:**

- Rockford | 303 North Main Street
- Harvey | 16845 South Halsted
- Champaign | 1307 North Mattis Avenue
- Mt. Vernon | 333 Potomac Boulevard, Suite E

To schedule an appointment, individuals should call via the IDES Scheduling Hotline at 217.558.0401 and request a callback. Appointments must be scheduled a minimum of 24 hours in advance of the appointment time.

**An appointment may be scheduled for one of the following reasons:**

- Identity verification for an unemployment insurance claim
- Assistance registering with IllinoisJobLink.com
- Assistance documenting work search activities
- Employment services, including resume and job search guidance
- Request to use the Resource Room to use computers with internet and other resources

Appointments will be available Monday through Friday between 8:30 a.m. and 5:00 p.m. To ensure efficiency, each appointment will be 20 minutes in length and visitors will be afforded a 10-minute grace period.

Visitors who schedule an appointment must bring a photo ID and any other documentation required for the appointment. A scheduled appointment is required for entrance into one of the offices. Individuals who arrive at an office without an appointment will be asked to schedule an appointment via the Scheduling Hotline for a later date.

Masks or face coverings are required when entering an office. If a visitor has been experiencing any symptoms or has been exposed to someone with COVID-19 within 14 days prior to their appointment, they will be required to reschedule the appointment.

In the coming weeks, IDES will continue to re-

open additional offices on a phased basis and will announce the availability of phone appointments to further assist claimants.

Claimants are strongly encouraged to use the IDES website to apply and certify for benefits, enroll in direct deposit, change passwords, engage in work search, and connect with an employment services professional, among other services. Claimants can also continue to speak with an IDES expert over the phone, by requesting a callback at 800.244.5631. As a reminder, if a callback is received at an inconvenient time, claimants may reschedule the callback for a specific time with a call center agent.

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