

The Tomato

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pioneers of Iowa to their native or adopted land. These men, without thought of future recompense or reward, save only the safety of the state and the preservation of the Union, risked all that was dear to them in a cause whose appeal was for the performance of a sacred and imperative duty. They met a great need with the invincible spirit that has moved all heroes since the human race began to shape the destiny of the earth.

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THE TOMATO

Now is the time for gathering this healthy and most desirable vegetable, which is cooked in various ways according to the peculiar taste of people. As a salad it is good—as an omelet, with butter, eggs, and crumbs of bread, capital—it is good stuffed and baked—good stewed down close with a fat piece of beef and lima beans—in short, in what position is it not good? Recently the tomato has been successfully used in medical cases. It is good for a cough—soothing to the lungs. Use it freely in hot months to check the accumulation of bile. If you wish to dry and pack them away in bags for winter, gather them when ripe and scald them to get the skin off—then boil them with a little sugar and salt, but no water—spread them in thin cakes in the sun, and when dry pack them away in a dry room.—*New York Star*, republished in *Iowa Territorial Gazette* (Burlington), August 29, 1840. (In the newspaper collection of the Historical Department of Iowa.)

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