

Summer Heirloom Tomatoes



- Heirloom tomatoes are open-pollinated varieties passed down through generations, prized for their exceptional flavor and unique characteristics.
- These tomatoes come in a wide range of colors, shapes, and sizes, adding diversity to your garden and plate.
- Heirlooms have a rich history, connecting us to the past through their preservation of rare genetics and flavors.
- Choosing heirlooms offers incredible taste, better nutrition, and the assurance of no GMOs in your tomatoes.
- When selecting heirlooms, look for rich color, firmness, and a fresh tomato aroma to ensure the best flavor.
- Heirloom tomatoes are versatile and can be used in various dishes, from fresh salads to sauces, but handle them with care for optimal storage and shelf life.



Tim Foley, HAAC
President ACF Epicurean Club of Boston

June 1, 2024

Dear Members,

Welcome to June! The start of summer, swimming, barbecuing and fun with friends and family time. We're 6 months into the year and have accomplished many goals as a club, from professional competitions, demo's, monthly meetings, fundraisers, to student culinary competitions. The ECB is being awarded & recognized at this year ACF convention in Phoenix, AZ in July. Please let me know if any members will be

attending,



June 17th, The **21st Annual Jimmy Dimarzio Golf Outing**. This event is at The Sandy Burr Country Club, Wayland MA. This is always a fun event that has raised thousands of dollars in scholarship money for young culinary students. This is a team event that takes many hands to accomplish. Please consider volunteering to ensure our success. This event is **SOLD OUT** so please see our website to secure your place for dinner. This is a great way to start your summer season.

June 24th, Meeting will be at the **Mazatlán Mexican Authentic Grill**, 1656 Worcester Rd, Framingham, MA. We'll be treated to an evening class on the art of Mexican Cuisine. Please sign up on our website to join us for this event.



Grilled Shrimp Tacos | The Girl Who Ate Everything (the-girl-who-ate-everything.com)

I would like to thank our members for competing and participating in our joint event last month, with The Le Dames d' Escoffier, "**Steel, Sizzle and Style**". This was a successful event that brought a variety of professionals together for a great cause. Congratulations to Chef Tony Lee & Chef Eric LaBlanc on their Gold Metal win.

I'd like to wish you all a relaxing and enjoyable summer. I look forward to seeing you at our June events and ACF Convention.

I will leave you with a few **June Culinary Fun Facts**:

The first Friday of June is National Donut Day

June 11th is National Corn on Cob Day

June 15th is National Lobster Day

June 16th is National Fudge Day and
June 20th is National milkshake/ice cream soda Day.



**Grilled Frenched Rack of Lamb -
Jimmy's Nook (zimmysnook.ca)**



**The BEST Easy Grilled Vegetables -
foodiecrush.com**

Just to name a few.

Remember, don't sweat the small stuff,
Be the Chef you have always dreamt
about.

Sincerely,
Tim Foley, HAAC
774-270-4828
txfoley13@gmail.com





Grilled Sweet Potatoes with Lime and Cilantro Recipe | Bobby Flay | Food Network



22 *Really* Refreshing Watermelon Desserts to Last You All Summer - Brit + Co

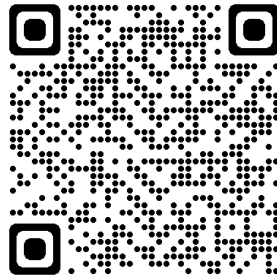
Visit our Website



Recipes

To the left of the page, you will find some summer recipes ideas.

Click on the link below the photo for the complete recipe.



Certification update.

Certified Executive Chef James Connolly CEC,CCA,AAC



James Connolly CEC, CCA, AAC Certification Corner June 1st,2024.

ACF Certification exhibits a benchmark of excellence by demonstrating professional standards in culinary skills and knowledge of the food service industry. Certified chefs attain the well-deserved recognition and respect of their peers.

To register for the exam, you can follow this link <https://tinyurl.com/3ykmtbzt>

Registering for ACF Practical Exams

- ACF approval is required prior to registering for practical exams.
- Register online or by submitting Practical Exam Candidate Registration Form.

• The practical exam fee is \$50 for ACF members and \$100 for non-members. Test sites may charge an additional host site fee that is payable to the site hosting the exam.

- Practical exam scores are valid for one year.

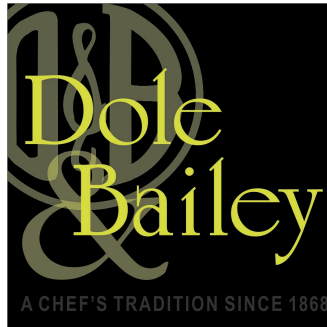
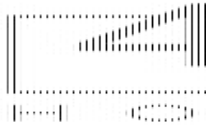
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306 Northern Avenue
Boston, MA USA 02210
617-542-9418



ACF / Epicurean Club of Boston | 29 Johnson Street, Saugus, MA 01906

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