

Farmers Market Glory!



- 🍅 There are over 5,000 varieties of tomatoes worldwide.
- 🍅 Americans eat 22-24 pounds of tomatoes per person per year. About half of that comes in the form of ketchup and tomato sauce.
- 🍅 A whopping 93% of American gardeners grow tomatoes.
- 🍅 The heaviest tomato on record weighted more than 7 pounds.
- 🍅 Hold a tomato taste test! Try raw, cooked and canned tomatoes and see which one you like best.
- 🍅 Look for different heirloom varieties at the farmers market to try.
- 🍅 The tomato is a member of the nightshade family which includes potatoes, eggplants and peppers.
- 🍅 Tomatoes are an excellent source of vitamin C, which helps heal cuts and wounds and helps lower the risk of infection.
- 🍅 Tomatoes are also rich in vitamin A which helps maintain good vision, fight infections and keeps skin healthy.



Beefsteak Tomatoes

Nutrition Facts	
Serving Size 1 tomato (148g)	
Amount Per Serving	
Calories 25	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 1g	
Vitamin A 20%	Vitamin C 40%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

What's your favorite kind of tomato?



Cherry Tomatoes



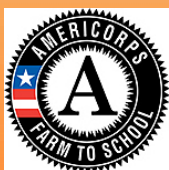
Roma Tomatoes

- Store ripened tomatoes at room temperature out of direct sunlight.
- You can ripen tomatoes in a paper bag.
- Refrigerate tomatoes that have been cut or cooked.

- Slice tomatoes in half, place on a baking sheet cut-side up and sprinkle with your favorite cheese and herbs. Bake for 15 minutes at 425 degrees.

Q:
 How do you fix a broken tomato?
A:
 With tomato paste!

Look for the Harvest of the Month display in your local grocery complete with recipe cards provided by Crossing Rivers Health! This month's recipe is *One-Pot Tomato Onion Linguine*



Every month, the AmeriCorps Farm to School program shares a "Harvest of the Month" presentation with students. They are also exposed to healthy, fresh foods and learn that it is fun to try new things. Funding for this newsletter was provided through a 3M community grant.

