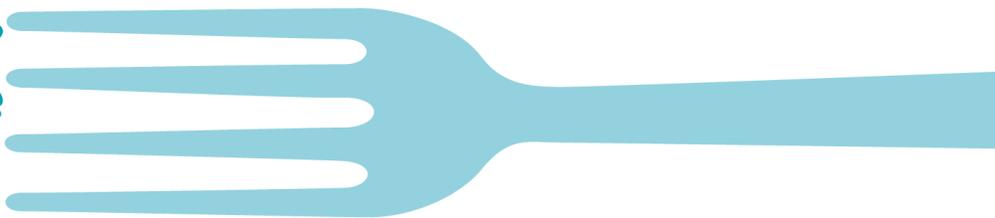


Harvest of the Month



July



Tomatoes



Pick:

- Choose tomatoes that are free of mold and soft spots.
- Ripe tomatoes will have a sweet aroma and will yield to slight pressure.

Store:

- Store tomatoes at room temperature and use within a few days.
- Tomatoes should never be refrigerated, cold temperatures make the flesh pulpy and impair the flavor.

Prepare:

- Wash with cold water before using.
- Tomatoes can be enjoyed raw, cooked or dried.

Nutrition Info

Tomatoes are an excellent source of lycopene and vitamins A, C, and K.

One medium tomato has 22 calories.

Fun Facts

The heaviest tomato on record weighed 3.51 kg (7 pounds 12 ounces), and was a “delicious” variety. It was grown by Gordon Graham of Edmond, Oklahoma in 1986. Gordon sliced the tomato to make sandwiches for 21 family members.

The tomato serves as both the official state vegetable and the official state fruit of Arkansas.

Piggy's is featuring a *Tomato Bisque* this month on “Lotsa Pasta”-Thursdays from 5:00-8:00 pm. Stop by for a bowl!

The French used to refer to the tomato as the “apple of love.”

Uses

For an easy side dish, try grilling tomato halves brushed with olive oil.

Fresh cut tomatoes can be added to your next salad, sandwich or wrap.

Feature fresh tomatoes as their own layer in a seven layer dip.

When making guacamole, substitute ¼- ½ of the avocado with fresh tomatoes.

Family Friendly Activities

How do you fix a broken tomato? With tomato paste, of course!

Hold a tomato taste test! Try raw, cooked and canned tomatoes, and see which one you like best.

Allow your child to put the finishing touches on the recipe, such as assembling a sandwich or adding garnishes to the main dish.

Nutrition Facts

Serving Size 1 cup (222g)
Servings Per Container 6

| Amount Per Serving | |
|-------------------------------|----------------------|
| Calories 280 | Calories from Fat 35 |
| | % Daily Value* |
| Total Fat 4g | 6% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 390mg | 16% |
| Total Carbohydrate 52g | 17% |
| Dietary Fiber 7g | 28% |
| Sugars 9g | |
| Protein 9g | |
| Vitamin A 15% | • Vitamin C 25% |
| Calcium 6% | • Iron 15% |

*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

Simple Savory Tomato Sauce

Serves 6 (about 1 cup per serving)

Ingredients:

- 1 Tbsp. olive oil
- 1 medium onion, diced
- 3 cloves garlic, minced
- 2 Tbsp. balsamic vinegar
- 1 (15 oz.) can tomato sauce
- 2 cups diced fresh tomatoes or 1 (15 oz.) can diced tomatoes
- ¼ tsp. red pepper flakes
- 1 tsp. basil
- 1 tsp. oregano
- salt & pepper to taste *
- 12 ounces dry whole wheat pasta

Directions:

Heat a large skillet over medium heat; add oil. Stir in onion and cook until tender, 5-7 minutes. Add the garlic and cook until fragrant, 30-60 seconds. Add the balsamic vinegar, scraping anything off the bottom of the pan, and cook until it's almost fully absorbed. Add the tomato sauce, diced tomatoes, red pepper flakes, basil, oregano, and salt & pepper. Bring to a low boil, and then simmer for 20-30 minutes. Cook pasta according to package directions, top pasta with sauce.

*not included in nutritional analysis

For more information on Farm2School & Foot Steps to Health visit:
www.GetActiveLacrosse.org

Color a
Tomato!

