

Harvest of the Month



July



Tomatoes

Nutrition Info

One medium tomato has 22 calories.

Tomatoes are an excellent source of vitamins A, C, and K. They are also a good source of lycopene.

Fun Facts

The heaviest tomato on record weighed 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 is the official state vegetable and the official state fruit of Arkansas.

Uses

Fresh cut tomatoes can be added to salads, sandwiches, or wraps. Try featuring them as their own layer in a seven layer dip!

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

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

We Want to Hear From You!

Share your fruit and vegetable tidbits and tales and be entered into a drawing for a \$25 gift certificate! ***Each month we'll ask a new question...and give you a new chance to win!***

Here's This Month's Question:

It's picnic season in Wisconsin! What is your favorite summer picnic fruit or vegetable side dish (please include recipe)? Lighter versions (lower in fat and/or sugar) are particularly welcome.

To Enter:

Answer this month's question, listed above. Be creative – we want to hear your stories! Your answer can be long, short or in between.

To be included in this month's drawing, please send your response no later than July 31st, 2014 by e-mail to HOMstories@lacsossecounty.org or send us a facebook message at www.facebook.com/GetActiveLaCrosseCounty



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 whole tomatoes at room temperature and use within a few days.
- Whole tomatoes should never be refrigerated. Cold temperatures make the flesh pulpy and impair the flavor. However, once cut or sliced, tomatoes should be refrigerated for food safety reasons.

Prepare:

- Wash with cold, running water before using.

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One Pot Tomato Basil Pasta

Serves 6

Ingredients:

- 12 ounces dry whole wheat linguine
- 2 cups cherry or grape tomatoes, halved
- 1 yellow onion, thinly sliced
- 4 cloves garlic, minced
- ½ tsp. red pepper flakes
- 2 sprigs fresh basil or about 6 leaves, chopped
- 2 Tbsp. olive oil plus more for serving
- 1 tsp. salt
- ¼ tsp. pepper
- 4 ½ cups water
- ½ cup Parmesan cheese

Directions:

Combine pasta, tomatoes, onion, garlic, red pepper flakes, basil, 2 Tbsp. oil, salt, pepper, and water in a large pot. Bring to a boil over high heat. Boil, stirring pasta frequently until pasta is al dente and water has nearly evaporated, about 9 minutes. Top with Parmesan cheese and a drizzle of olive oil.

For more information on Farm2School & Foot Steps to Health visit:
[www.GetActiveLacrosse.org!](http://www.GetActiveLacrosse.org)

Nutrition Facts

Serving Size (325g)
 Servings Per Container 6

Amount Per Serving

Calories 310 **Calories from Fat 80**

% Daily Value*

Total Fat 9g **14%**

 Saturated Fat 2g **10%**

 Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 540mg **23%**

Total Carbohydrate 47g **16%**

 Dietary Fiber 6g **24%**

 Sugars 5g

Protein 11g

Vitamin A 10% • Vitamin C 15%

Calcium 15% • Iron 10%

*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

Color a
 Tomato!

