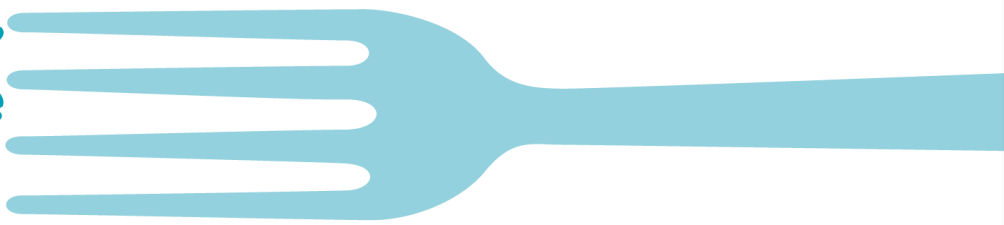


# Harvest of the Month



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 sized 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.

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  $\frac{1}{4}$ - $\frac{1}{2}$  of the avocado with fresh tomatoes.

## Family Friendly Activities

Tell a tomato joke! 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. Or look for different heirloom varieties at the farmers’ market to try!

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

# Harvest of the Month



## Part 3: Growing fruits & vegetables (July 1<sup>st</sup> – 31<sup>st</sup>)

Name: \_\_\_\_\_

E-mail address: \_\_\_\_\_

School (if applicable) \_\_\_\_\_

Turn your completed log into the Cameron Park Farmers' Market booth during market hours or mail your log to the La Crosse County Health Department – Nutrition Division. 300 4th St. North La Crosse, WI 54601.

Questions? Contact Abbie Loos, (608) 785-5613 / [aloos@lacrossecounty.org](mailto:aloos@lacrossecounty.org)