**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.

Tomatoes are thought to originate in Peru. The name comes from the Aztec “xitomatl,” which means “plump thing with a navel.”

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.

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**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:**

- Unripe fruit can be ripened by placing it in a pierced paper bag for several days at room temperature.
- Wash with cold water before using.
- Tomatoes can be enjoyed raw, cooked or dried.
Zucchini Feta Bruschetta Recipe
Serves 7 (3 slices bread and ½ cup Bruschetta per serving)

Ingredients:
2 medium tomatoes, seeded and chopped
1 medium zucchini, finely chopped
4 green onions, thinly sliced
2 Tbsp. minced fresh basil
3 garlic cloves, minced
2 Tbsp. lemon juice
½ cup crumbled feta cheese
* salt and pepper to taste
Toasted French bread (small slices) or crackers

Directions:
In a large bowl, combine the tomato, zucchini, onions, basil and garlic. In a small bowl, whisk the lemon juice, salt and pepper. Pour over tomato mixture and toss to coat. Stir in cheese. Cover and refrigerate for at least 1 hour.
Serve with toasted bread or crackers.
* not included in nutritional analysis

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

Color a Tomato!