

Harvest of the Month



September



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:

- 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.

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.

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/>

Nutrition Facts

Serving Size 3 slices bread, 1/2 cup Bruschetta (185g)
Servings Per Container 8

Amount Per Serving

Calories 320 Calories from Fat 40

% Daily Value*

Total Fat 4g 6%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 620mg 26%

Total Carbohydrate 58g 19%

Dietary Fiber 3g 12%

Sugars 5g

Protein 14g

Vitamin A 10% • Vitamin C 20%

Calcium 10% • Iron 20%

*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!

