



Tomatoes



Nutrition:


- **Tomatoes are high in vitamin C, potassium, folic acid, and fiber; all which keep our bodies healthy and help us grow.**
- **Tomatoes are a good source of lycopene, which is an antioxidant and helps prevent cancer.**

Did you know?

- **There are many varieties of tomatoes; cherry, plum, and slicing. They are all different sizes.**
- **The heaviest tomato ever grown was 7 lb. 12 oz. by a farmer in Edmond, Oklahoma in 1986.**
- **Tomatoes were once thought poisonous because their acid mixed with the lead in pewter plates causing lead poisoning.**
- **Tomatoes are actually a fruit, however for taxing purposes, the U.S. Supreme Court judged they should be classified as a vegetable.**

More:

- **If a tomato is not quite ripe yet, keep it in a warm place and it will speed the process, however do not put in direct sunlight.**
- **Cooked tomatoes contain even more lycopene than raw tomatoes because cooking breaks down cell walls, releasing and concentrating carotenoids like lycopene.**



Today you have a grape tomato. Grape tomatoes are oblong like grapes and grow in clusters on vines.