

# Cherry Tomatoes

The cherry tomato is a very small variety of tomato that has been cultivated since at least the early 1800's and are thought to have originated in Peru and northern Chile. Cherry tomatoes range in size from a thumbtip up to the size of a golf ball, and can range from being round to slightly oblong in shape. The more oblong ones often share characteristics with plum tomatoes, and are known as grape tomatoes.



The early Aztecs (700 A.D.) named the small yellow-pink fruit 'xitomatl' (pronounced zee-toe-ma'-tel), meaning "plump thing with a navel".

## Reasons to Eat Tomatoes:

One-half cup of sliced tomato is:

- A good source of vitamin C & A
- A source of vitamin K & potassium
- Rich in lycopene, which is an antioxidant that may decrease the risk of certain cancers and heart disease. The human body cannot produce lycopene so it can only be obtained by eating lycopene-rich foods.



## Fun Facts

- Some varieties of grape tomatoes are named Santorini, Sungold, Yellow Pear, Camp Joy and Black Cherry.
- The very first tomatoes of this type are thought to have been developed from seeds brought to Greece in 1818.
- Originally tomatoes were considered poisonous by Europeans. It was thought if you ate a tomato, its poison would turn your blood to acid—aren't we glad that turned out to be just a myth!

*Did you know the tomato is a fruit and not a vegetable?*

