

Tomatoes

Tomatoes are a member of the Solanaceae family.

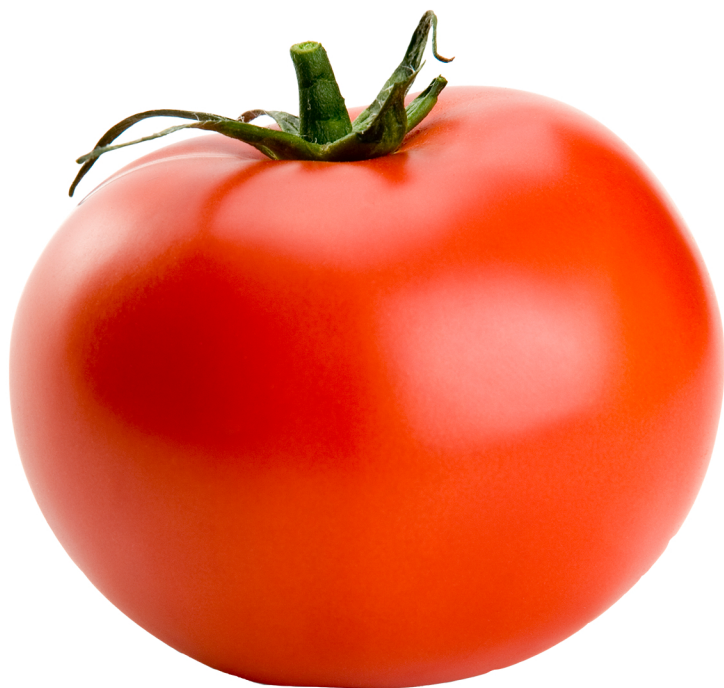
There are many varieties of tomatoes, in a range of sizes and colors such as red, yellow, orange, green and purple.

Tomatoes contain Vitamin C, Vitamin A, and the red varieties contain lycopene, which provides their red color.

Tomatoes are in season in Georgia March through November.

Tomatoes are a warm-season crop that do not tolerate frost. They need full sun (6-8 hours daily) to grow.

Tomatoes are one of the top 5 vegetables produced in Georgia per the most recent Farm Gate Value Report.



Georgia Department of Education School Nutrition

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