

Fresh Fruit and Vegetable Program Nutritional Education

BABY HEIRLOOM TOMATOES

The Heirloom Tomato variety is one that has been around more than fifty years. Recently, Heirloom Tomatoes have made a comeback as consumers are demanding Tomatoes that offer a rich, Tomato flavor. Varieties have adapted regionally in almost every climate around the world and Heirlooms have successfully survived.

Varying widely in size, shape, color and taste, Heirloom Tomatoes are quite different in appearance from common Tomatoes. Most are fragile, with few seeds, meaty flesh and a thin skin. This thin skin, however, is what gives the tomato a higher sugar content and excellent flavor.

color the tomatoes on the vine and find the missing words!



Colorful Juicy Tomato Heirloom Baby F S B H Z F I T R P L Q Z K D L Z C A D B T O S N Y E O Z Y H E I R L O O M L C M J V M D B R F A K B G A W J Y E K A K U W A L U Q P T L X D R S C E G G Z G M Y Y Y Y P S I H J F J C E G G N Y J T N C S H U N X K O O Z E P C I Y M X T T H Q H I L I N Z N G I B V M X T T H Q H I L I N Z N G I B V D A W N D G Q E T X J B C F C J O A A M Y B A B Q W S L J U J L P W F E Z L M K J C L B V L