

# JUNE

## HARVEST OF THE MONTH

### GEORGIA TOMATOES



### NUTRITION FACTS

- Good source of vitamins A and C
- Contain the antioxidant lycopene, which gives tomatoes their red color
- Low in calories
- High in water content

### FUN FACTS

- Botanically, tomatoes are a fruit, but they are commonly eaten and prepared like a vegetable.
- Tomatoes can be red, pink, yellow, or even purple
- Georgia ranks among the top states in summer tomato production

### HEALTHY TIP

Try cherry tomatoes for a delicious bite-size snack!