



Did you know?

*August is
Tomato Month*

Fact #1

Is it a fruit or vegetable? It can be both! Tomatoes are a fruit, botanically speaking, but are culinarily treated like vegetables so counted as a vegetable by chefs and dietitians.

Fact #2

There are thousands of varieties of tomatoes that come in different colors, shapes and sizes. According to Guinness World Records, the heaviest tomato weighed almost 12 pounds.

Fact #3

Tomatoes are a source of Vitamin C, an important nutrient needed to help support our immune system.

