

Grape Tomato

HARVEST OF THE MONTH

Tomatoes are a versatile fruit often mistaken for a vegetable, with a smooth, glossy exterior ranging from bright red to deep green when unripe. They can be sliced fresh into salads, cooked into robust sauces, or roasted to enhance their sweetness. Rich in vitamins and antioxidants, tomatoes add a juicy, vibrant touch to dishes and offer numerous health benefits, making them a kitchen staple worldwide.



did you know?

Tomatoes were once believed to be poisonous in Europe and were called "poison apples"? This misconception arose because the plant belongs to the nightshade family, which includes some toxic plants. However, tomatoes are not only safe to eat but also highly nutritious!

fun fact

Did you know that the largest tomato ever grown weighed as much as a small dog? In 1986, a tomato in Oklahoma, USA, set the record by weighing in at over 7 pounds!

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