

HARVEST OF THE MONTH: TOMATOES



NUTRITION FUN FACTS:

- Tomatoes are a great source of lycopene, which helps keep the heart and immune system healthy. Cooked tomatoes are a better source of lycopene.
- A half cup of tomatoes is a low-calorie way to get lots of vitamin C and vitamin A! This is about one medium tomato, or a handful of cherry or grape tomatoes. Eat raw tomatoes for the best vitamin absorption!
- Tomatoes are technically a fruit, even though most of us think of them as a vegetable!

Fun snack ideas!

HOW TO EAT TOMATOES:

1. Eat small tomatoes plain or with a dip (hummus, guacamole, greek yogurt dip, bean dip, etc).
2. Slice larger tomatoes and pair with mozzarella cheese. Add fresh basil for extra Italian flair!
3. Use tomatoes to make salsas, soups, or sauces.

Pick the yummiest!

THINGS TO LOOK FOR:

1. Make sure tomatoes are bright red and don't have soft spots. They should be just a little squishy when you squeeze them gently.
2. Store ripe tomatoes on the counter, and eat them fast!
3. If tomatoes are not ripe, store in a brown paper bag to ripen them faster.

BEST TIME TO EAT:

JULY - OCTOBER



UNC Center for Health Promotion and Disease Prevention

RECIPE: SALSA FRESCA

DIRECTIONS

1. Wash the vegetables.
2. Cut the tomatoes into 1/2-inch pieces and put them into a medium bowl.
3. Have an adult carefully seed and mince the jalapeños, then add them to the tomatoes. Careful--the seeds can burn the skin!
4. Peel and mince the garlic.
5. Peel the onion and cut into 1/4 inch pieces.
6. Add the onion and garlic into the tomato mixture.
7. Stir in the lime juice, salt, and pepper.
8. Chop the cilantro and stir only until combined.
9. Serve over eggs, meat, fish, tofu, or with whole grain chips!

INGREDIENTS

Makes 7 servings:

- 5 medium tomatoes
- 1 jalapeño
- 2 garlic cloves
- 1/4 medium red onion
- 3 tablespoons fresh lime juice
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 tablespoon fresh cilantro leaves

[HTTPS://WWW.CHOOSEMYPLATE.GOV/RECIPES/SUPPLEMENTAL-NUTRITION-ASSISTANCE-PROGRAM-SNAP/SALSA-FRESCA](https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/salsa-fresca)

ACTIVITY: TYPES OF TOMATOES

Did you know there are over 3,000 types of tomatoes grown around the world? Find some of their names in this word search!

WORD BANK

BEEFSTEAK
BETTER BOY
CHERRY
EARLY GIRL
JUBILEE
PLUM
ROMA
TIGERELLA

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