

HARVEST OF THE MONTH
 NEWSLETTER 09/2020


SEPTEMBER
TOMATOES
FUN FACTS

- The heaviest tomato weighed 7 pounds 12 ounces. It was grown by Gordon Graham in Oklahoma in 1986. This tomato made sandwiches for 21 family members.
- The tomato is the official state vegetable and official state fruit of Arkansas.

NUTRITION INFO

One medium tomato has 22 calories. Tomatoes are an excellent source of vitamins A, C and K. They are also a good source of lycopene.


Tomato and Corn Salad

Serves 8

Ingredients:

- 2 ½ cup corn, frozen, thawed
- 2 oz. basil, fresh
- 1 ½ pint cherry or grape tomatoes
- ¾ cup diced mozzarella cheese, part-skim
- 1 Tbsp. olive oil
- Juice of ¼ lemon
- ¼ tsp. salt

Directions:

Thaw frozen corn. Finely chop basil leaves. Mix all ingredients in a large bowl. Toss to combine.

Serve immediately.

PICK

Choose tomatoes that are free of mold and soft spots. Ripe tomatoes will have a sweet aroma and will yield to slight pressure.

STORE

Store whole tomatoes at room temperature and use within a few days. Whole tomatoes shouldn't be refrigerated. Once cut or sliced, tomatoes should be refrigerated for food safety reasons.

PREPARE

Wash with cold, running water before using

USE

Fresh cut tomatoes can be added to salads, sandwiches or wraps. Substitute 1/4-1/2 of an avocado with tomato when making guacamole. Try grilling tomato halves brushed with olive oil for an easy side!

Per serving (3/4 cup): 110 calories, 4.5g fat, 1.5g saturated fat, 5g protein, 16g carbohydrate, 1g fiber, 170mg sodium

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