

Harvest of the Month



September Tomatoes

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.

Fun Facts

The heaviest tomato on record weighed 7 pounds 12 ounces, and was a “delicious” variety. It was grown by Gordon Graham of Edmond, Oklahoma in 1986. Gordon sliced the tomato to make sandwiches for 21 family members.

The tomato is the official state vegetable and the official state fruit of Arkansas.

Uses

Fresh cut tomatoes can be added to salads, sandwiches, or wraps.

When making guacamole, substitute $\frac{1}{4}$ - $\frac{1}{2}$ of the avocado with tomato.

For an easy side, try grilling tomato halves brushed with olive oil.

Farm2School Update: Served at School Served at Home!

Two kid-friendly, local, frozen veggie blends that are used in school cafeterias are now available at retail locations (Festival Foods and the People’s Food Co-Op)! Look for these blends in the natural foods frozen section.

Wisconsin Potato Fusion: A blend of red, white and gold potatoes with skins on for a rustic and high contrast look. The blend is diced, blanched and frozen, ready to toss with seasoning and roast to finish or add to other recipes.

Winter Moon Blend: A colorful blend of Wisconsin root vegetables: butternut squash, gold potatoes, carrots, red and gold beets. The blend is diced, blanched and frozen, ready to toss with seasoning and roast to finish or add to recipes for a color and nutrition boost.



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 should never be refrigerated. Cold temperatures make the flesh pulpy and impair the flavor. However, once cut or sliced, tomatoes should be refrigerated for food safety reasons.

Prepare:

- Wash with cold, running water before using.

Stuffed Quinoa Beefsteak Tomatoes

Serves 4

Ingredients:

1 Tbsp. olive oil
½ cup diced white onion
1 glove garlic, diced
½ cup quinoa
1 tsp. basil
1 Tbsp. lemon juice
1 cup vegetable stock
¼ cup diced broccoli
4 large tomatoes

Directions:

Add olive oil to the bottom of a sauce pan. Sauté onions and garlic on low heat until the onions are translucent. Add quinoa, basil, lemon juice, and stock and bring to a boil. Turn to low heat and allow quinoa to absorb all the water (about 20 minutes). Stir in broccoli to the quinoa mix. Cut open the top of the tomatoes and remove the seeds. Fill the space inside the tomato with the quinoa broccoli mixture and bake in the oven for 15 minutes.

Per serving (1 stuffed tomato): 210 calories, 2.5 g fat, 0 g saturated fat, 0 mg cholesterol, 570 mg sodium, 44 g carbohydrate, 9 g fiber, 8 g protein

For more information on Farm2School visit:

www.laxf2s.org

*Color
Tomatoes!*

