

Harvest of the Month

Tomatoes



- The tomato is the world's most popular fruit with more than 60 million tons produced worldwide.
- There are more than 4,000 varieties of tomatoes ranging in size, shape and color.
- According to the USDA, Americans eat more than 22 pounds of tomatoes each year, more than half of this amount in the form of ketchup and/or tomato sauce.

Why Eat Your Colors?

Tomatoes can be red, yellow/orange or green.

Color Groups	Health Benefits	Examples
Red	heart health, memory function and urinary tract health	Red tomatoes, red apples, pink grapefruit, beets, red peppers, red onions and radishes
Yellow/Orange	heart health, vision health and a healthy immune system	Yellow tomatoes, yellow pears, oranges, grapefruit, sweet potatoes, yellow peppers and rutabagas
Green	vision health and strong bones and teeth	Green tomatoes, green pears, kiwis, avocados, green peppers, cucumbers and zucchini

A Rich History

- Tomatoes were first cultivated by the Aztecs and Incas in South America, as early as 700 A.D.
- Mexico's Aztecs and Mayans gave the tomato its name, first "xitomatle," then "tomatle" or "tomati."
- In the mid-1500s, Spanish conquistadors carried tomato seeds back to Europe, where they were embraced in Italy, Spain and Portugal.
- In 17th and 18th century England, tomatoes were believed to be poisonous. (Eating the stems and leaves may cause illness and should be avoided.)
- Thomas Jefferson was one of the first Americans to grow tomatoes at his Virginia home as early as 1781.
- Botanically, the tomato is a fruit. However, in 1893, the U.S. Supreme Court declared it as a vegetable.



There are thousands of types of tomatoes!
Try a variety to see which ones you like best.

Refrigerating tomatoes damages the membranes inside the fruit walls, causing the tomato to lose flavor and develop a mealy texture. The best place to store them is on the kitchen counter at room temperature.

