



TOMATO



Tomatoes are vine-growing fruits that are grown in many varieties including cherry, beefsteak, and roma tomatoes.

NUTRITIONAL INFORMATION

- Tomatoes are an excellent source of micronutrients including vitamin C, potassium, folate, and vitamin K!
- Tomatoes are 95% water! This is a very hydrating fruit
- Tomatoes are high in fiber which can aid in healthy digestion.

HOW TO STORE

- Tomatoes are best stored at room temperature. A room temperature environment will encourage ripening of the fruit.
- When ripe, it is best to move your tomato to the refrigerator. The refrigerator stops the ripening process and keeps the tomato at desired ripeness until ready to eat (3-5 days)

HOW TO PREPARE

- Tomatoes are so versatile! They can be eaten in any form!
- Before eating, be sure to rinse the fruit thoroughly.
- Carefully remove the stem from the top of the fruit with a knife.
- Cut however you prefer and enjoy!

FUN FACTS

- There are over 7,500 varieties of tomatoes grown around the world.
- China is the #1 producer of tomatoes in the world with the United States as a close second



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