

TOMATOES ARE VIRTUALLY FAT-FREE AND LOW IN CALORIES.

Tomatoes like lots of sun and warmth, but not after they've been harvested. Never store tomatoes in the refrigerator!



**POPULAR VARIETIES
OF TOMATOES:
BEEFSTEAK, CHERRY,
GRAPE, AND PLUM.**

**IN THE CULINARY WORLD, TOMATOES
ARE CONSIDERED A VEGETABLE BUT
THEY ARE BOTANICALLY A FRUIT.**

**In colonial times,
the tomato was
thought to be
poisonous and
was used purely
for decoration.**

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Tomatoes are a favorite garden vegetable in America.

Tomatoes belong to the Solanaceae, also known as the nightshade family.

Tomatoes originated from Central and Southern America

CALIFORNIA LEADS THE NATION IN PRODUCTION OF TOMATOES. TOMATOES GROWN IN CALIFORNIA WOULD HAVE TO TRAVEL OVER 2,000 MILES TO REACH THE CAFETERIA! OUR NEW YORK STATE TOMATOES ONLY HAVE TO TRAVEL 20 MILES TO REACH THE CAFETERIA!



Tomatoes are an excellent source of the antioxidant lycopene and vitamin

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Tomatoes taste great raw, cooked, blended into soup, or made into sauce.