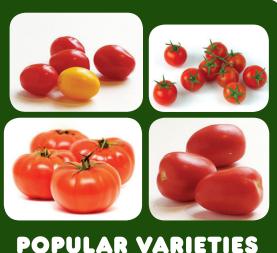
TOMATOES ARE VIRTUALLY FAT-FREE AND LOW IN CALORIES.

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



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

VEGE CONSIDERED THE CULINARY ARE

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

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

Tomatoes are a favorite garden vegetable in America.

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

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



Tomatoes are an excellent source of the antioxidant lycopene and vitamin



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