

Tomatoes





Tomatoes

SHOPPER'S TIPS

- Look for plump tomatoes with smooth skin, an even color, and a sweet smell.
- Avoid mushy, bruised, or split-skinned tomatoes.

FUN FACTS!

- There are over 4,000 types of tomatoes ranging in size, shape, and color.
- The tomato is actually a berry, but in 1893, the U.S. Supreme Court declared it to be a vegetable.

WHAT IS IN IT FOR YOU?

One medium-sized tomato is:

- An excellent source of vitamin C.
- A source of vitamin A.

SERVING IDEAS

- Add extra tomatoes to soups, stews, and chili for a great taste.
- Add fresh tomatoes to everyday foods like sandwiches and salads.

PEAK SEASON

California grown varieties, available from late spring to mid-fall, may be fresher and cost less than varieties shipped from other regions.

STORAGE

Firm tomatoes can be ripened in a paper bag until they give slightly to gentle pressure. Store ripe tomatoes at room temperature and away from direct sunlight for up to five days. Only refrigerate tomatoes that have been cut or cooked.