

Shopper's Guide

Selection

- Pennsylvania tomatoes are available from August to October.
- Tomatoes are damaged by the cold so look for tomatoes that are sold in bins and not in refrigerated cases.
- Select unpackaged tomatoes or those packaged in perforated wraps. This allows for good air circulation, which is needed to ripen tomatoes.
- Tomatoes should be firm and plump with smooth skins. Avoid those that are very soft, bruised, cracked or otherwise damaged.
- Choose ripe tomatoes are completely red or reddish orange (depending upon variety) and give slightly to gentle palm pressure

Storage

- When storing tomatoes at home, do not refrigerate them; room temperature is best.
- If tomatoes are not fully ripe, place the tomatoes in paper bag with an apple or banana.
- Do not ripen tomatoes in direct sunlight, because even though the skin is red, the tomatoes will not be ripe and flavorful inside.

Recipe Collection

Garden Fresh Tomato Sauce

Makes 4 servings

Ingredients:

3 cups chopped tomatoes
1 Tbsp garlic powder
1 Tbsp onion powder
1/4 tsp dried basil (or 2 fresh basil leaves, chopped)
1/4 tsp dried oregano (or 2 stems fresh oregano, chopped)
1/4 tsp dried parsley (or 2 stems fresh parsley, chopped)
1/8 tsp black pepper
1/2 tsp fennel seed (optional)

Instructions:

1. In a saucepan **combine** all sauce ingredients.
2. **Simmer** on medium heat for 15 minutes or until tomatoes are soft. Serve over cooked pasta

Variations using Sauce:

To make a minestrone: Add 2 cups of chicken broth, 1 cup of cooked macaroni, 1 cup of any vegetable or left-over vegetables such as cooked and diced carrots, green beans, celery and turn your sauce into a meal.

To make chili: Add 1/2 pound of cooked lean ground meat, 1 cup of pinto beans, 1 tsp of chili powder, 1/4 tsp cumin and one dash of Tabasco sauce.

Makes 4 servings

Nutrient Data

(1 cup): Calories 47, Total Fat 0.6 g, Saturated Fat 0.1 g, Cholesterol 0 mg, Protein 2 g, Carbohydrate 11 g, Dietary Fiber 2 g, Sodium 305 mg, Calcium 25 mg, Iron 0.9 mg, Vitamin A 88 RE, Vitamin C 27 mg

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Tomato



Is it a fruit or a vegetable?

A tomato is actually a fruit! A fruit is considered the edible part of a plant that contains the seeds. A vegetable is edible stems, leaves and roots of a plant.

What's So Great about Tomatoes?

Flavorful

Tomatoes add color, flavor, and texture to your favorite sandwich, salad, or omelet

Rich in Vitamins and Minerals

Tomatoes are high in Vitamin C and are a source of beta carotene, potassium, folic acid, iron, and fiber.

Fight Cancer

Tomatoes are also high in antioxidants, especially Lycopene, which has recently been found to prevent some cancers.

Inexpensive

Canned tomatoes and tomato products are inexpensive, just as healthy as fresh tomatoes, and available throughout the year

Easy to Use

Tomatoes combine well with about any type of food, such as, poultry, fish, rice, pasta, as well as other vegetables. Tomatoes make an excellent base for homemade soups or sauces and go especially well with pasta dishes

Many Uses

Tomatoes can be enjoyed raw, stuffed, baked, stewed, or grilled. Tomatoes can be mixed to make a tasty side dish or snack.

Nutrition Information for 1 cup Tomatoes

Nutrition Facts			
Serving Size 149g			
Amount Per Serving			
Calories 31	Calories from Fat 4		
	% Daily Value*		
Total Fat 0g			1%
Saturated Fat 0g			0%
Cholesterol 0mg			0%
Sodium 13mg			1%
Total Carbohydrate 7g			2%
Dietary Fiber 2g			7%
Sugars			
Protein 1g			
Vitamin A 19%		Vitamin C 65%	
Calcium 1%		Iron 4%	




*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

Key nutrition facts are circled in green.

Varieties

Tomatoes are grouped by their size and juiciness into three types: cherry, plum, and slicing. See the information below for the best uses of each type.

Cherry tomatoes 	Round and bite-sized; their skin may be red or yellow. Make a nice compliment to any salad.
Plum tomatoes 	Also known as Italian or Roma tomatoes, these are small and egg-shaped. They tend to be less juicy than slicing tomatoes, and so are ideal for making sauces and adding to other cooked foods.
Slicing tomatoes 	Also called beefsteaks, slicing are the biggest tomatoes. These large, rounded varieties are found in most markets. This tomato has less juice so it holds together well when sliced, and together with their large size, make them great for adding flavor to your favorite sandwich. Slicing tomatoes also cook down well for sauces.