

Tomatoes

Buy fresh, buy local shopping tips

- Wisconsin tomatoes are harvested July through October. However, peak season nationwide is June - August.
- Look for tomatoes with a bright, shiny skin and firm flesh. The best flavor comes from vine-ripened fruits that were recently picked, so choose those marked "locally grown in Wisconsin."
- Store tomatoes at room temperature but not in direct sunlight. Never store tomatoes in the refrigerator because the cold destroys flavor and leaves tomatoes with a mealy texture.
- It's best to use tomatoes within four or five days of picking or purchasing.
- Place unripened tomatoes in a brown paper bag until ripe.
- Before serving, wash tomatoes in cold water and remove any stems or leaves.



FAMILY NEWSLETTER

Why eat tomatoes?

Tomatoes are a good source of vitamin A and vitamin C. Vitamin A is important for keeping your eyes, skin and bones healthy, and vitamin C help your immune system fight off infection.



Ways to eat tomatoes

- Add tomato slices to sandwiches, grilled cheese and burgers.
- Add tomatoes as a base for soups and sauces - if your family is new to eating tomatoes, try dicing them into small pieces before incorporating them in a dish.
- Toss sliced red, yellow and green tomatoes with your favorite Italian dressing for a quick salad or add grape tomatoes to your favorite mixed green salad.
- Build your own personal pizzas – top a whole grain English muffin with tomato sauce, low-fat cheese and your favorite veggies.

Nutrition Facts	
Serving Size: ½ cup tomatoes sliced (90g)	
Amount Per Serving	
Calories 16	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 4mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 1g	
Vitamin A 15%	Calcium 1%
Vitamin C 19%	Iron 1%

How much do I need?
 One serving of tomatoes is a ½ cup of sliced or about one medium tomato.

Recommended Daily Amount of Fruits and Vegetables*	AGES 5-12	AGES 13 AND UP
	Males 2 ½ - 5 cups	Males 4 ½ - 6 ½ cups
Females 2 ½ - 5 cups	Females 3 ½ - 5 cups	

In Wisconsin, FoodShare assists low-income families and individuals to buy nutritious food. Visit access.wisconsin.gov or call 1-800-362-3002.

Made possible with funding from the Centers for Disease Control and Prevention and the Wisconsin Department of Health Services. Material adapted from Harvest of the Month produced by the CA Department of Public Health's Network for a Healthy California with funding from USDA SNAP.

Get active together

Fall is an ideal time to get outdoors and enjoy some fresh air. Take advantage of the crisp air by going for a walk, a bike ride or even a jog! Think outside the box and brainstorm ways you can get in more steps. Adults should aim for 10,000 steps total per day. Those steps throughout the day add up to about five miles!



Want to volunteer?

Live54218 Farm to School volunteer opportunities include:

- Lunchroom Tastings
- Classroom Harvest of the Month Activities
- Maintaining School Gardens
- Serving on the Farm to School Taskforce

If you are interested in any of these volunteer opportunities, please contact:

Ashley Ponschok, Live54218 Farm to School Coordinator
 Email: Ashley@live54218.org
 Phone: (920) 593-3401

Learn more at live54218.org

Cook together...

Summer salsa

- 2 plum tomatoes, seeded and diced
- 1 small yellow pepper
- 1 baby cucumber (Kirby), diced
- 1 tablespoon red wine vinegar
- 1 tablespoon olive oil
- Salt and pepper, ¼ teaspoon each

Combine all ingredients in a bowl. Serve with bake pita or tortilla chips. Makes 6 servings.

Nutrition information per serving: 41 calories, 2 g fat, 5 g carbohydrates, 1 g protein, 1 g fiber, 83 mg sodium.



Kids corner

Tomato word scramble

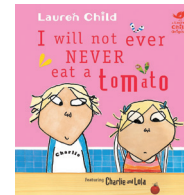
Unscramble the **BOLD UNDERLINED** words to complete the tomato facts. Answers at the bottom of the page.

- Tomatoes are often referred to as a vegetable because they are commonly used like other vegetables in soups, salads and main dishes. However, tomatoes are actually a **ITURE** _____, not a vegetable.
- Americans eat more than 22 pounds of tomatoes each year. More half of this amount in the form of **UKTCEPH** _____ and/or tomato sauce.
- Tomatoes are grown in every state in the United States except **LAKSAA** _____.
- Orange and **FOLYLW** _____ tomatoes tend to be sweeter than red and green varieties.

What did the father tomato say to the young tomato while on a family walk?
KETCHUP!

Read together

- *I Will Never Not Ever Eat a Tomato* by Lauren Child
- *Tomatoes from Mars* by Arthur Yorinks
- *The Adventures of Tommy Tomato* by Jay Holt



WORD SCRAMBLE ANSWERS: A) FRUIT B) KETCHUP C) ALASKA D) YELLOW