

# ISLAND GROWN HARVEST OF THE MONTH SEPTEMBER 2012 TOMATOES



Harvest of the Month is a great way for your family to explore, taste, and learn about eating more fruits and vegetables every day.

One medium tomato is equal to about one cup of vegetables. One tomato is an excellent source of vitamin C, which helps heal cuts and wounds and helps lower the risk of infection, and vitamin A, which helps maintain good vision, fight infection, and keep skin healthy. Tomatoes are a great source of lycopene. Lycopene is a powerful antioxidant that may help lower the risk of some forms of cancer, promotes heart health, and helps keep the immune system healthy.

## HEALTH TIP

Eating a variety of colorful fruits and vegetables can help your family stay healthy, feel good, and may lower the risk of serious health problems like obesity, type 2 diabetes, heart disease, and certain types of cancer.

## Nutrition Facts

Serving Size: ½ cup tomatoes, sliced (90g)	
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%

Harvest of the Month is a program that highlights a locally available crop each month of the school year in school cafeterias, restaurants, and grocery stores. The goal is to help children, their care-givers, and the broader community experience healthy, seasonal, whole-foods based meals, while supporting local and regional farmers.

## Healthy Serving Ideas

- Use raw tomatoes to make salsas or as a base for soups and sauces.
- Toss sliced red, yellow, and green tomatoes with your family's favorite lowfat dressing for a quick salad.
- Make a new tomato recipe. Ask your child to help choose the recipe, shop for ingredients, and prepare it.
- Buy low-sodium canned tomatoes, tomato paste, and tomato sauce when fresh tomatoes are unavailable.

## Shopper's Tips

- Look for plump tomatoes with smooth skin, an even color, and a sweet smell.
- Store ripe tomatoes at room temperature and away from direct sunlight for up to five days.
- Firm tomatoes can be ripened in a paper bag until they give slightly to gentle pressure.
- Only refrigerate tomatoes that have been cut or cooked.

**for more information visit [islandgrown.org/harvestofthemoth](http://islandgrown.org/harvestofthemoth)**

This material is adapted from Harvest of the Month by the California Department of Public Health's Network for a Healthy California with funding from USDA SNAP (formerly the Food Stamps program). For SNAP information, call 1-866-950-3663.

