

# TOMATOES ARE VIRTUALLY FAT-FREE AND LOW IN CALORIES.

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



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

**IN THE CULINARY WORLD, TOMATOES  
ARE CONSIDERED A VEGETABLE BUT  
THEY ARE BOTANICALLY A FRUIT.**

**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.**

**Tomatoes originated from Central and Southern America**

**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 HAVE TO TRAVEL 20 MILES TO REACH THE CAFETERIA!**



**Tomatoes are an excellent source of the antioxidant lycopene and vitamin**

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