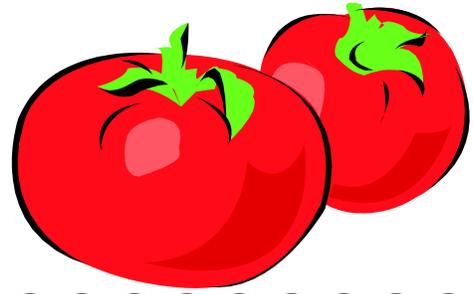


Fresh
FROM THE
FARM



TOMATOES



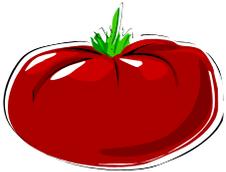
Selection & Preparation

Choose red or reddish-orange tomatoes that “give” very slightly to gentle pressure. Do not buy bruised, soft or moldy tomatoes.

If tomatoes need to ripen, place them in a loosely closed paper bag at room temperature. Check daily.

When tomatoes are ripe, they can be served immediately or stored in the refrigerator. Ripe tomatoes will usually keep 2-3 days under refrigeration. For best flavor, bring tomatoes to room temperature before serving.

Peeling fresh tomatoes is not necessary, although some cooks prefer it. To peel fresh tomatoes, dip them in boiling water for about 30 seconds or until skins split. Remove with slotted spoon and dip in cold water. The skins will come off easily.



Children may find eating cherry and grape tomatoes fun. Quarter them to reduce risk of choking.

Information adapted from Clemson Home and Garden Information Center. This brochure is produced for nutrition education and created by Cape Cod Cooperative Extension: Barnstable County, UMass Extension and USDA cooperating. Barnstable County and UMass Extension offer equal opportunity in programs and employment.



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Nutrition Facts

Serving Size 1 cup, chopped or sliced

Amount Per Serving

Calories 32

% Daily Value*

Total Fat 0g **0 %**

Saturated Fat 0g 0 %

Trans Fat 0g 0 %

Cholesterol 0g 0 %

Sodium 9 mg 0 %

Total Carbohydrate 7 g 2 %

Dietary Fiber 2 g 9 %

Sugars 5 g

Protein 2 g

Vitamin A 30%

Vitamin C 38%

Calcium 2%

Iron 3%

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

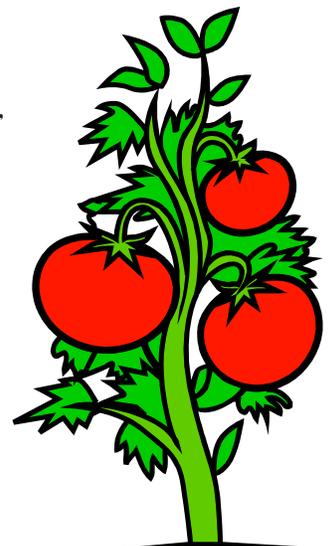
Key Nutrients

Vitamin C - is needed for healthy gums, skin and blood.

Vitamin A - is important for resistance to infection, healthy skin and good vision.

Potassium - is needed to maintain normal blood pressure.

Fiber - to help keep you regular, control blood sugar and it may lower blood cholesterol.



Gazpacho Soup

4 cups tomato juice, cold
2 cups tomatoes, fresh, diced
1 cucumber, diced
1 cup green pepper, chopped fine
2 scallions, chopped
1 clove garlic, crushed
1 small onion, finely chopped
1 teaspoon basil
1/4 cup parsley, chopped fresh
2 tablespoons vinegar
2 tablespoons vegetable oil
Dash Tabasco sauce
Juice of 1/2 lemon + 1 lime
1 teaspoon tarragon
1/4 teaspoon cumin, ground

1. Wash and prepare all vegetables
2. Combine all ingredients and chill for at least 2 hours. (If desired puree in blender or food processor.)

TIP: Freeze soup in individual containers for future lunches.



Zesty Italian Tomatoes

3-4 fresh tomatoes
8 fresh basil leaves, sliced into ribbons
2-3 tablespoons extra-virgin olive oil
1-2 tablespoons balsamic vinegar
1/4-1/2 teaspoon salt
Freshly ground black pepper, to taste

Stir all ingredients in a bowl and serve with crusty Italian bread, over pasta, or as a topping for pizza.

TIPS:

- Slice basil at last minute so that it stays green.
- If you don't have fresh basil you can use dried basil or Italian seasoning.

Nutrition Highlight: Tomatoes are a very good source of vitamins A, C, and K and potassium. They are also a good source of lycopene a key nutrient that is associated with lowering cancer risk for certain types of cancer.

