Tomatoes



A fruit vegetable



What nutrients are found here?

Vitamins C, K, Folate, Potassium,
Lycopene, Beta-Carotene
(The antioxidant beta-carotene converts to vitamin A)

What do those nutrients do in my body?

- Support blood flow, bone health, & immunity.
- Vitamins A & C are antioxidants, helping keep cells healthy by reducing cell damage & inflammation.

How/Where can I grow my own tomatoes?

- In the ground, in a raised bed, and in a large pot/tub.
- Tomatoes thrive in direct sunlight & in warm soil.

How should I store freshly picked tomatoes?

- Place tomatoes upside down (stem side down).
- Allow them to ripen on the counter at room temperature.

How can I eat tomatoes?

- Any way you want!
- Eat them raw/plain
- Mix them in salads
- Make salsa, sauce, etc.

