

TOMATO PROFILE

JUNE-OCTOBER



I PAIR WELL WITH...

- AVOCADO, BASIL
- MOZZERELLA, GARLIC, OLIVE OIL
- BALSAMIC, OREGANO, THYME

PREPERATION TECHNIQUES...

- ROAST
- SAUTE
- STEW
- RAW
- GRILL
- FRY

NUTRIENTS AND BENEFITS

- Potassium
 - Lower blood pressure and reduce risk of stroke
- Vitamin C
 - Manage blood pressure, reduce risk of heart disease, immune system aid
- Folate
 - Lower blood pressure, improve cognitive function

Nutrition Facts

Serving size: 1 cup

Servings: 1

Amount per serving

Calories **11**

% Daily Value*

Total Fat 0.1g **0%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 3mg **0%**

Total Carbohydrate 2.4g **1%**

Dietary Fiber 0.7g **3%**

Total Sugars 1.6g

Protein 0.6g

Vitamin D 0mcg **0%**

Calcium 6mg **0%**

Iron 0mg **1%**

Potassium 147mg **3%**

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.

KEEP IN MIND...

- **Notable flavor**
 - A balance of acid and sugar, sweet, tart, and tangy
- **Can you consume it raw?**
 - Yes! Tomatoes are very versatile and wonderful served raw on a bruschetta or cooked into a sauce
- **What parts of the plant can you eat?**
 - The skin, seeds, and flesh
- **Short term storage**
 - Low humidity, cool, dark place such as the fresh drawer in the fridge
- **Long term storage**
 - Blanch and shock tomatoes. Follow by skinning and crushing them to prepare for canning
 - Tomatoes can also be frozen for 6-9 months

ANTIOXIDANTS AND BENEFITS

- Lycopene
 - Benefit heart health
 - Protect immune system: protect body against damage caused by pesticides, herbicides, MSG and certain types of fungi
- Phenol compounds
 - Protect against degenerative diseases such as heart disease

