

HARVEST *of the* MONTH TOMATOES



We are featuring fresh, healthy, locally grown tomatoes in school lunches this month. Can you taste the difference?

Eating a variety of colorful fruits and vegetables can help your family stay healthy and fresh tomatoes are a wonderful treat this time of year! Tomatoes are a good source of vitamin C and vitamin A, as well as Lycopene, which many studies suggest may be linked to reduced risk of cancer and heart disease.

Healthy Serving Ideas

- Make a quick salad by tossing sliced tomatoes with your favorite lowfat dressing.
- Use raw tomatoes as a base for salsas, soups and sauces.
- Make a simple pasta sauce by chopping fresh tomatoes, garlic, and onion and sauteing in a pan with olive oil until the tomatoes break down. Throw some chopped fresh basil over the top after you take the sauce off the heat.
- Slice tomatoes in half, place on a baking sheet cut side up and sprinkle with cheese and herbs and bake for 15 minutes at 425 degrees.

Where to find fresh tomatoes in Massachusetts

September is a great time to find fresh tomatoes at farmstands, farmers markets and stores. A great list and map can be found at <http://goo.gl/cwdLF1>.

Fun Facts

China grows more tomatoes than any other country. The U.S. is second!

The USDA reports that each of us eat about 20# of tomatoes per year.

93% of home gardeners grow tomatoes.

There are over 25,000 varieties of tomatoes, from tiny currant tomatoes to giant beefsteak tomatoes.

Harvest of the Month promotes a different Massachusetts-grown crop from local farms each month in school cafeterias across the state. To learn more about Harvest of the Month, visit www.massfarmtoschool.org/hotm

Harvest of the Month Book Club

Pizza at Sally's by Monica Wellington

The Unhappy Tomato by Pauli Quann

Runaway Tomato by Kim Cooley Reeder



Fall is a great time to attend local harvest festivals. Find more info here:

<http://bit.ly/2b3WwKi>



Thank you to Blue Cross Blue Shield of Massachusetts and the Massachusetts Department of Agricultural Resources for helping make Harvest of the Month possible.

Tomato Purchasing Pointers

Look for tomatoes that are firm and smooth.

Store tomatoes at room temperature, out of direct sunlight.

Buy tomatoes when they are in season. They cost less and taste best!

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Farm to School
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Look for our October newsletter featuring pears next month!