



Tomatoes

Harvest of the Season

Eat More Arizona Grown Tomatoes

Fuel up with vegetables and fruits. By including more vegetables and fruits in your family's diet, you are helping your family be at their best. Eating a variety of vegetables and fruits give you lots of vitamins and minerals that you need. Fill half your plate with vegetables and fruits and help keep your heart, teeth, gums, eyes and skin healthy.

Buy fresh vegetables, like tomatoes, in season when flavor is best and the price is low!

Tomatoes are typically grown in hoop houses or greenhouses, so they can be grown all year long! Most recently, Arizona produced 13,500 pounds of organic tomatoes, and that only includes tomatoes grown outside!

Why Eat More Tomatoes?

Tomatoes are full of nutrients. Here's how the nutrients in tomatoes keep you and your family healthy:

| Nutrients Found in Tomatoes | |
|-----------------------------|---|
| Vitamin C | Helps your teeth and gums stay healthy |
| Vitamin A | Helps keep your body cool and improve digestion |
| Fiber | Helps keep your heart healthy and improve digestion |
| Postassium | Helps you maintain a healthy blood pressure |

What are the Different Types of Tomatoes?

Try different types of tomatoes to find your family's favorite. There are a few different types of tomatoes grown in Arizona on farms of all sizes:

- Cherry
- Plum
- Grape
- Beefsteak
- Pear

How Much Do We Need?

In general, your family should eat:

| Age | Vegetables | Fruits |
|--------------------------|-----------------|---------------|
| Children 2 - 3 | 1 cup | 1 cup |
| Children 4 - 8 | 1 1/2 cups | 1 to 1 ½ cups |
| Older children and teens | 2 to 3 cups | 1 ½ to 2 cups |
| Adults | 2 1/2 to 3 cups | 2 cups |

Sometimes new foods take time. Kids don't always take to new foods right away. Offer vegetables and fruits like tomatoes many times. Give them a taste at first and be patient with them.

Make half your plate vegetables and fruits. Visit [choosemyplate.gov](https://www.choosemyplate.gov) for more information.

How to Choose, Store and Prepare Tomatoes

Choose:

- Choose tomatoes that look firm, deep in color and free from wrinkles or other signs of age.
- Trust your sense of smell with fresh produce like tomatoes. Tomatoes that have a slightly sweet, rich and earthy scent are best

Store:

- Tomatoes are best stored at room temperature (between 45 -65 ° F) for up to ten days.
- Tomatoes stored in the refrigerator (at or below 41 ° F) can last about five days.

Prepare:

Stewing tomatoes is a great way to preserve tomatoes and for making tomato-based sauces.

1. Wash tomatoes under cool, running water.
2. Dip tomatoes in boiling water for one minute.
3. Transfer to an ice-cold water bath.
4. To peel the tomatoes, gently pull the skin away and discard. Cut tomatoes into quarters and put in a large saucepan with salt (about two teaspoons for every ten tomatoes).
5. Slowly simmer over low heat for 20 to 30 minutes, stirring occasionally to prevent burning.

Tip: Some methods for stewing tomatoes call for sugar. This would be a good method for a traditional marinara sauce base.

To learn more, visit fruitsandveggiesmorematters.org.

Plant and Grow Tomatoes

- Tomatoes come in both warm and cool varieties. Most gardeners are familiar with warm weather varieties, as they ripen on the vine.
- Warm weather varieties should be planted after the threat of frost has passed.
- Gardeners in a higher elevations (3,000 feet +) should wait to plant tomatoes until early May. Gardeners under 3,000 feet can start planting tomatoes as early as January

Visit extension.arizona.edu for harvest and planting information.

Black Eyed Peas, Tomatoes, and Onion

Ingredients:

- 1 Tablespoon vegetable oil
- ½ cup chopped onion
- 1 large garlic clove, chopped
- 2 tomatoes, chopped
- 1 can black-eyed peas, undrained (about 15-ounces)
- ¼ cup packed cilantro (optional)

Directions:

1. Wash hands with warm water and soap. Wash fresh vegetables before preparing.
2. Combine oil, onion and garlic in a medium saucepan.
3. Cook over medium heat, stirring occasionally, until onion is softened.
4. Stir in tomatoes and black-eyed peas.
5. Cook over low heat stirring occasionally, about 10 minutes until heated thoroughly.
6. Stir in cilantro, if using, and serve hot.



Makes 6 (1/2 cup) servings

Nutrition Facts

| per serving | |
|------------------------|--------|
| calories..... | 78 |
| carbohydrates .. | 12 gm |
| protein..... | 4 gm |
| total fat..... | 3 gm |
| saturated fat..... | 0 gm |
| trans fat..... | 0 gm |
| cholesterol | 0 mg |
| fiber | 3 gm |
| total sugars..... | 0 gm |
| sodium..... | 322 gm |
| calcium..... | 2 gm |
| folate..... | 3 mcg |
| iron..... | 1 mg |
| calories from fat..... | 25% |

For more free recipes, visit EatWellBeWell.org.

Choose Locally Grown Vegetables and Fruits

- Arizona grown vegetables and fruits taste best and cost less when purchased in season.
- Vegetables and fruits grown in Arizona spend less time in the back of a truck. This causes less damage to the vegetables and fruits.
- When farmers sell directly to consumers, they cut out the middleman and receive full value for their product. This allows farmers to continue to farm and provide service to the community.
- Let your kids be produce pickers. Help them pick vegetables at a grocery store, your local farmers' markets, or at a u-pick farm near you! Go to arizonagrown.org for more information.

Visit the School Food Programs section of the Arizona Department of Education Health and Nutrition Services website at www.azed.gov for more information.



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