

HARVEST OF THE MONTH  
 NEWSLETTER 09/2020


**SEPTEMBER**
**TOMATOES**
**FUN FACTS**

- The heaviest tomato weighed 7 pounds 12 ounces. It was grown by Gordon Graham in Oklahoma in 1986. This tomato made sandwiches for 21 family members.
- The tomato is the official state vegetable and official state fruit of Arkansas.

**NUTRITION INFO**

One medium tomato has 22 calories. Tomatoes are an excellent source of vitamins A, C and K. They are also a good source of lycopene.


**Tomato and Corn Salad**

Serves 8

**Ingredients:**

- 2 ½ cup corn, frozen, thawed
- 2 oz. basil, fresh
- 1 ½ pint cherry or grape tomatoes
- ¾ cup diced mozzarella cheese, part-skim
- 1 Tbsp. olive oil
- Juice of ¼ lemon
- ¼ tsp. salt

**Directions:**

Thaw frozen corn. Finely chop basil leaves. Mix all ingredients in a large bowl. Toss to combine.

Serve immediately.

**PICK**

Choose tomatoes that are free of mold and soft spots. Ripe tomatoes will have a sweet aroma and will yield to slight pressure.

**STORE**

Store whole tomatoes at room temperature and use within a few days. Whole tomatoes shouldn't be refrigerated. Once cut or sliced, tomatoes should be refrigerated for food safety reasons.

**PREPARE**

Wash with cold, running water before using

**USE**

Fresh cut tomatoes can be added to salads, sandwiches or wraps. Substitute 1/4-1/2 of an avocado with tomato when making guacamole. Try grilling tomato halves brushed with olive oil for an easy side!

Per serving (3/4 cup): 110 calories, 4.5g fat, 1.5g saturated fat, 5g protein, 16g carbohydrate, 1g fiber, 170mg sodium

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