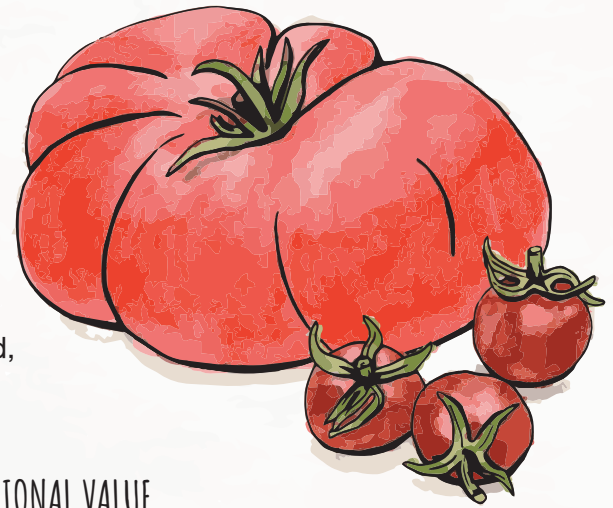


TOMATOES

Nebraska Harvest of the Month features the most popular plant for home gardeners - the tomato! Try your hand at serving tomatoes this month, and get the kids involved. Those who help prepare healthy food, are more likely to try it.



SELECTION, STORAGE & COOKING

- Because they come in so many colors, tomatoes may be ripe when they are red, green, yellow or pink. Press lightly with your fingers to test ripeness. Tomatoes should be firm - not too squishy and not rock hard.
- Tomato skin should be free of any nicks, or cuts.
- Store tomatoes at room temperature, don't refrigerate, as this will degrade the tomato texture and flavor.
- Enjoy raw in fresh salsa, on salads, or in sandwiches. Cook tomatoes (seeds, skin and all) in stews, soups, and sauces.

NUTRITIONAL VALUE

Tomatoes are full of the antioxidant lycopene, which helps protect against damage to cells and contributes to eye health. They also are chock full of Vitamin C which supports our immune system and skin.

SEASONAL AVAILABILITY



FRESH CORN AND TOMATO SALAD

Ingredients:

- 3 tbsp white wine vinegar
- Kosher salt and freshly ground black pepper
- ¼ cup extra-virgin olive oil
- 6 ears fresh corn, shucked
- 2 cups red or orange grape or cherry tomatoes, halved

- 8 oz cheese, diced into small cubes. Fresh mozzarella works is good for this but any cheese will work great!
- A few leaves of thinly sliced basil leaves (optional)

Directions:

1. Whisk together the vinegar, 2 teaspoons salt and some pepper in a small bowl.
2. Gradually whisk in the oil, starting with a few drops and then adding the rest in a steady stream, to make a smooth dressing.
3. Shear off the corn kernels with a sharp knife over a bowl (you should have about 4 cups). Toss in the tomatoes and cheese. Pour the vinaigrette over the salad and toss to coat. Cover and let stand for at least 15 minutes and up to 2 hours. Before serving, tear the basil over the salad and stir.

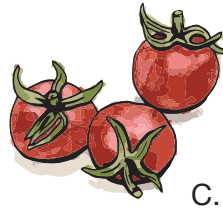
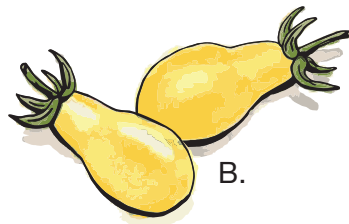


LEARN MORE ABOUT NEBRASKA HARVEST OF THE MONTH
www.education.ne.gov/ns/farm-to-school/harvest-of-the-month



WHICH IS WHICH?

Match each tomato with its variety name. Pay attention to the tomato's color and shape to help guide you towards the correct variety name.



Cherry Tomato

Green Zebra Tomato

Pear Tomato

Indigo Rose Tomato

Answers: A. Indigo Rose, B. Pear Tomato, C. Cherry Tomato, D. Green Zebra Tomato.

CREATE YOUR OWN TOMATO

Tomatoes come in every color of the rainbow from white to indigo. Some tomatoes are pear-shaped, others have ridges, some are perfectly round, and others are egg-shaped.

Use your imagination to create your own variety of tomato, be sure to give it a name!

Variety Name: _____