

HARVEST OF THE MONTH:

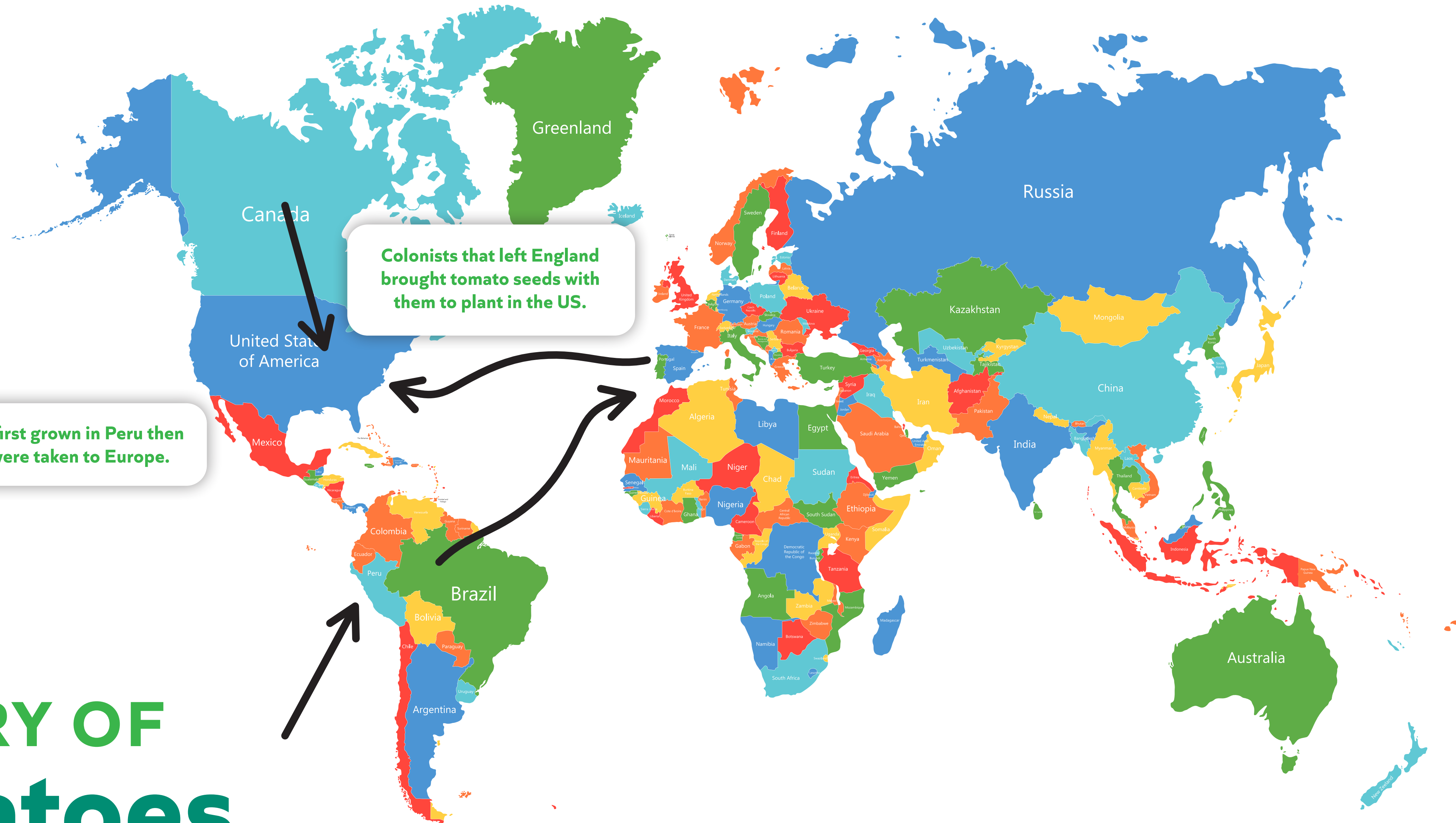
Tomato



HISTORY OF Tomatoes

Tomatoes were first grown in Peru then in the 1500s were taken to Europe.

Colonists that left England brought tomato seeds with them to plant in the US.

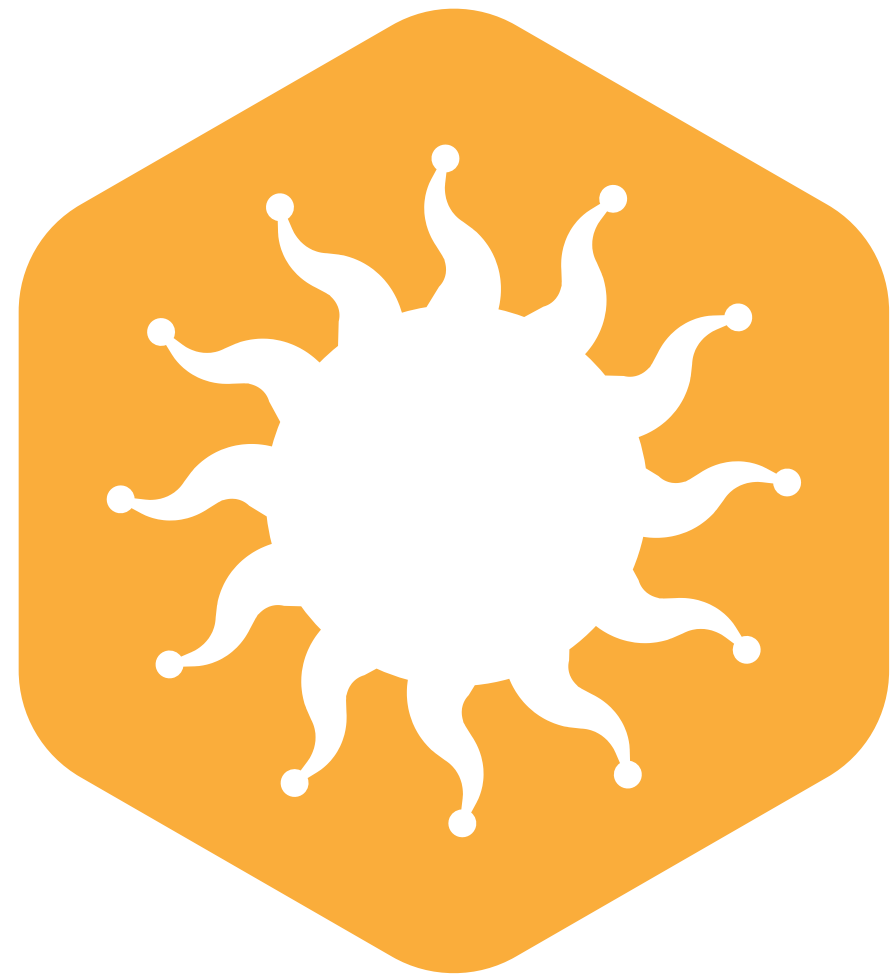




Tomatoes grow on a vine. After pollination, tomato flowers swell into tomatoes that we eat.

HOW DO TOMATOES GROW?

WHAT SEASON DO WE PICK TOMATOES?



SUMMER



AUTUMN



WINTER



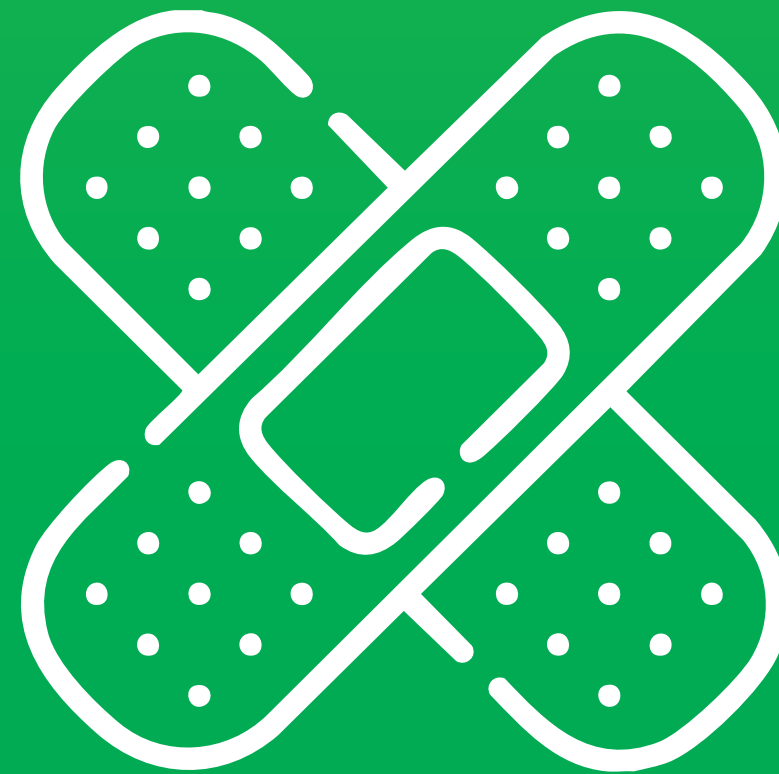
SPRING

WHY SHOULD WE EAT TOMATOES?

Healthy immune system
(prevents colds)



Contains vitamin
K – heals cuts



Healthy muscles



Healthy eyes



Healthy heart



HOW DO YOU PICK GOOD TOMATOES?

- The tomatoes that are used for ketchup and other sauces have a thick outer covering, so that they can be picked by a machine.
- The tomatoes that you eat fresh are softer inside and out, so they must be picked by hand. Generally they are picked a little before they are fully ripe.

FUN FACT: There are more than 4,000 varieties of tomatoes, and they are grown in every US state except Alaska.





LET'S TRY SOME
Tomatoes!

