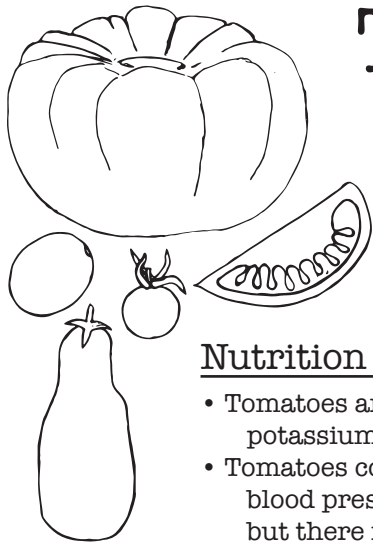


Tomatoes

Produced by:



— THE LAND —
CONNECTION



Fun Facts:

- La Tomatina is an annual tomato food fight in Spain where over 150,000 tomatoes are thrown purely for entertainment.
- Tomatoes can be red, green, purple, white, yellow, pink, black, or multi-colored.
- Tomatoes increase in weight as they ripen and get heavier even after being picked.

Nutrition Information:

- Tomatoes are a great source of vitamin C and a good source of potassium, fiber, and vitamin A in the form beta-carotene.
- Tomatoes contain lycopene, an antioxidant believed to lower blood pressure and protect against certain types of cancer, but there is no definitive scientific evidence to support this.

Preparation:

- Rinse tomatoes under cold water and wipe them dry. Use a serrated knife and remove (de-core) the tough spot where the stem meets the fruit and any damaged areas if needed. Slice them as desired.
- To remove the skin of a tomato, cut an X into the bottom of the tomato, submerge whole tomatoes in boiling water for 15-30 seconds, then remove and drop into an ice bath. Peel the skin where the X is.

Cooking:

Learn more at www.thelandconnection.org

Raw: fresh tomatoes off the vine are best when eaten raw. Slice or dice them for sandwiches, salads, and salsas. Puree them for juices or cold soups. Or, just eat them plain with a little salt.

Sauce: peel tomatoes and cook with sautéed carrots, celery, onion, and garlic, add spices and season as desired. Leave sauce chunky or use a food processor or blender to make it smooth. Add cream to create a pink sauce.

Sauté: add whole cherry tomatoes to stir fry right at the end to lightly sear the outside. They add delicious bursts of umami flavor to the dish.

Roast: cut tomatoes into slices or wedges and place on a foil-lined rimmed baking sheet. Drizzle with olive oil and roast at 450°F for 20-30 minutes.

Grill: add whole cherry, plum, or roma tomatoes to kebobs and grill.

Fry: slice green (un-ripe) tomatoes into 1/4-inch slices. Dip the slices into seasoned flour, then dunk in buttermilk or egg, then dip them into seasoned corn meal or panko. Fry them in a pan or cast iron skillet over medium heat. Flip them after a few minutes once golden brown.

Storage:

- Store at room temperature out of direct sunlight for up to 3-5 days. Do not refrigerate, as they will lose flavor. Damaged ones will go bad fast.
- Tomatoes that are over-ripe can be placed in the refrigerator to slow ripening, but may only be good for use in sauces or purees.
- Under-ripe tomatoes will continue to ripen off the vine. To ripen, place them into a paper bag with small holes and fold the top. Check daily.