TOMATOES

DID YOU KNOW?

- Fruit or vegetable? The argument went to court in 1893 in New York over back duties for tomatoes imported from the West Indies, as a tax was to be paid on vegetables but not on fruits. The Supreme Court ruled in the case of “NIX v. HEDDEN” that tomatoes were to be considered vegetables. However you choose to classify them, make sure you include them on your dinner plate!

- The tomato was introduced to Europe in the 1500s. The British believed it was poisonous because it was a member of the nightshade family!

- Lycopene is an antioxidant that gives tomatoes their red orange color and may be associated with reduced risk for cancers of the colon, prostate, breast, pancreas and lung.

- Georgia is one of the leading producers of tomatoes in the U.S.

TOMATOES
FRESH AND HEALTHY

Tomatoes are good for you. They can be baked, stewed, juiced, pickled, or enjoyed just as they are! Include this Fresh, Fast and Healthy vegetable to complement any meal.

Best Time to Buy: Mid-May through Mid-November

Tomatoes Benefit U!

- Low in calories & sodium
- Cholesterol & fat free
- Source of fiber & potassium
- High in vitamin A & C

One medium tomato = 22 calories

Add Color to Your Meal

- Serve raw in salads and sandwiches. Chop or dice for homemade salsa or as a topping for chili, tacos or scrambled eggs. Slice for pizza and casserole toppings.
- Puree for fresh gazpacho, tomato juice or soups.
- Core and stuff with healthy protein, such as tuna or chicken salad.
FAST FACTS

SELECTION
Choose firm tomatoes with smooth skin. Avoid those with bruises, soft spots, or mold.

STORAGE
Tomatoes are best stored in a cool, dark place at room temperature. Refrigeration can cause tomatoes to lose their flavor and may affect texture; however, to prevent molding, store tomatoes in the refrigerator if you will not use them within 2-3 days of harvesting. Once tomatoes are sliced, store them in the refrigerator. To ripen tomatoes, place in a loosely closed paper bag. Check daily.

PREPARATION
Rinse well under cool running water. Core or discard stem.
To peel: Use a serrated knife to make an “X” on the bottom of the tomato. Dip in boiling water for 30 seconds. Remove with slotted spoon and dip in cold water for 30 seconds. The skins should slide off!

PRESERVATION
Tomatoes can be preserved by canning, drying, freezing or pickling.
When canning, use only firm, ripe tomatoes, and follow recommended procedures for safe canning. To ensure a safe acid level for boiling water canning of whole, crushed, or juiced tomatoes, add 2 tablespoons of bottled lemon juice or ½ teaspoon of citric acid per quart of tomatoes. For pints, use 1 tablespoon of bottled lemon juice or ¼ teaspoon of citric acid. Acid can be added directly to the jars before filling the jars with product. Add sugar to offset acid taste, if desired. (Four tablespoons of 5% acidity vinegar per quart may be used instead of lemon juice or citric acid. However, vinegar may cause undesirable flavor changes.)

RECIPE CORNER

Tomato and Cucumber Salad

4 cups tomatoes, washed and sliced
4 cups cucumbers, washed and sliced
1 med sweet onion, peeled and sliced
1 cup water
1 cup vinegar
1 tablespoon coarse steak seasoning

Prepare the veggies and place in a glass or plastic container with a tight sealing lid. Add the other ingredients, shake to combine and chill in the fridge. 1 hour is yummy but 12+ hours will knock your socks off! As a bonus, the leftover brine can be used for multiple batches! Start fresh every 7 days.

Serves: 18-20 (1/2 cup servings)

Nutrition Facts
Serving Size 0.50 cup(s) (107g)

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<th>Nutrient</th>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
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<tr>
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<tr>
<td>Iron</td>
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For more information contact:

1.800.ASK.UGA1

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Released by Family & Consumer Sciences Agents:
Denise Everson, Northeast District PDC
Lisa D. Jordan, Chatham County
Janet C. Hollingsworth, Southeast District PDC

Edited by:
Dr. Judy Harrison, Professor and Extension Food Specialist
Alison Berg, RD, LD, Assistant Professor Foods and Nutrition/Extension Nutrition and Health Specialist