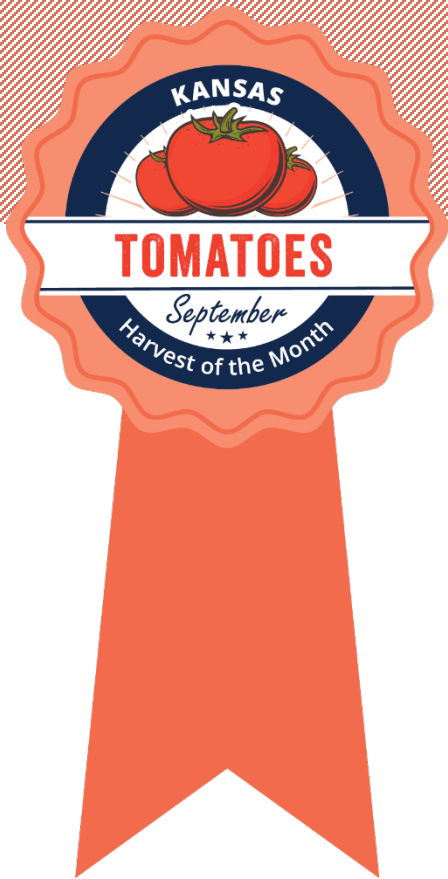
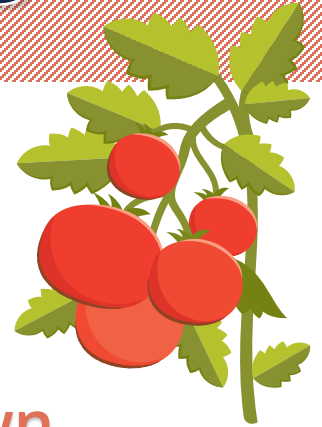


Tomatoes



Nutrition

Tomatoes provide a variety of vitamins and minerals, such as vitamin A, vitamin C, magnesium, calcium, phosphorus, copper, iron, and cobalt

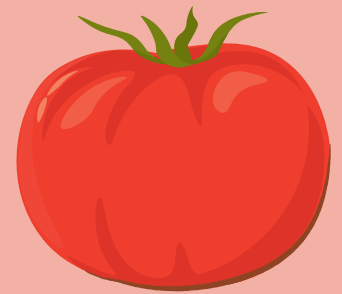


How Tomatoes are Grown

Tomatoes are a warm weather crop. The best time to plant in Kansas is mid-May to avoid risk of frost. Tomato plants produce the best quality when watered consistently and evenly. Tomato cages are useful for reducing disease and support the plant as it grows larger.

Did you know?

- Americans were initially afraid of tomatoes until the 1830's due to Europeans thinking tomatoes were poisonous.
- One and a half small tomatoes provide more vitamin C than half a grapefruit.
- There are approximately 7,500 varieties of tomatoes.



Harvest

Tomatoes are ready to harvest between June and October. However, tomatoes can be picked early and ripen fully off the vine.

Preparation

Wash the outside of the tomatoes prior to cutting to reduce the spread of bacteria. Tomatoes can be eaten raw, cooked, or pureed into a sauce.

Storage

Whole tomatoes can be stored at room temperature. Cut tomatoes must be stored in the refrigerator, with a shelf life of less than one week. Storing in the freezer can extend shelf life for 8-12 months.

