



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!



Native to the Andes Mountains, tomatoes were introduced into Central America by prehistoric Indian migrations.



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.

TOMATOES

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
4 tablespoons sugar
1 teaspoon ground ginger
1 tablespoon diced garlic
1 teaspoon dry dill or 2 sprigs fresh dill
1 or 2 hot peppers, whole
Additional salt to taste

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)

Amount Per Serving

Calories 32 **Calories from Fat** 1

% Daily Value

Total Fat 0.1g 0 %

Saturated Fat 0.0g 0 %

Trans Fat 0.0g

Cholesterol 0.0mg 0 %

Sodium 180.0mg 7 %

Total Carbohydrate 7.0g 2 %

Dietary Fiber 0.8g 3 %

Sugars 4.9g

Protein 0.7g

Vitamin A 8 % **Calcium** 1 %

Vitamin C 23 % **Iron** 2 %

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 roomtemperature.

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

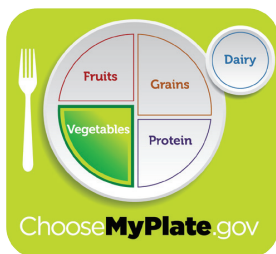
Rinse well under cool running water. Core or discard stem.

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.)



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Temporary Publication 112-11

April 2020

Published by the University of Georgia in cooperation with Fort Valley State University, the U.S. Department of Agriculture, and counties of the state. For more information, contact your local UGA Cooperative Extension office. The University of Georgia College of Agricultural and Environmental Sciences (working cooperatively with Fort Valley State University, the U.S. Department of Agriculture, and the counties of Georgia) offers its educational programs, assistance, and materials to all people without regard to race, color, religion, sex, national origin, disability, gender identity, sexual orientation or protected veteran status and is an Equal Opportunity, Affirmative Action organization.

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