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.
**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**

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>0.50 cup(s) (107g)</th>
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<tbody>
<tr>
<td>Calories</td>
<td>32</td>
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<tr>
<td>Calories from Fat</td>
<td>1</td>
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<tr>
<td>% Daily Value</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>0.1g</td>
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<tr>
<td>Saturated Fat</td>
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<tr>
<td>Trans Fat</td>
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<tr>
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<tr>
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<tr>
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<tr>
<td>Dietary Fiber</td>
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<tr>
<td>Sugars</td>
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<tr>
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<tr>
<td>Vitamin A</td>
<td>8 %</td>
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<tr>
<td>Calcium</td>
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<tr>
<td>Vitamin C</td>
<td>23 %</td>
</tr>
<tr>
<td>Iron</td>
<td>2 %</td>
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</table>

**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.)

For more information contact:

1.800.ASK.UGA1

**RECIPE CORNER**

4 cups tomatoes, washed and sliced

**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**

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