

Tomatoes



How do I make a good selection?

Look for tomatoes that are smooth and free from blemishes. A perfectly ripe tomato will be firm, but not hard.

What is Proper Storage?

Keep tomatoes on the counter, at room temperature, away from dust and sunlight. If you have a green tomato, place it in a paper bag with the top folded over at room temperature. Check it daily and remove from the bag when it has ripened.

Why Should I Eat This?

Tomatoes are delicious and they scream summer! Tomatoes are rich in the antioxidant lycopene, which helps to lower cancer risk, protect the skin, and supports heart health. Tomatoes are also high in Vitamin C which boosts our immune system.

How Could I Use This?

- Slice & add to a sandwich or wrap
- Chop & add to scrambled eggs or omelet
- Add tomatoes to a soup or stew
- Make a fresh salsa
- Add tomatoes to a salad
- Stuff tomatoes with tuna or chicken salad
- Bake tomatoes and top with parmesan cheese for a side dish
- Top pasta with a tomato sauce or fresh, chopped tomatoes

RECIPE: Easy Salsa (from the book *Good and Cheap* by Leanne Brown)

INGREDIENTS

- 1 medium onion, finely chopped
- 2 cups chopped tomatoes
- 1 jalapeño pepper, finely chopped
(remove seeds for less heat)
- Juice of 1 lime
- ¼ cup finely chopped fresh cilantro
- Salt and pepper to taste

INSTRUCTIONS

Mix the onion, tomato, pepper, lime juice, cilantro, salt and pepper in a bowl. Taste.

Note: you're looking for a balance of spicy from the pepper, sweet from the tomatoes and bright and fresh from the herbs and lime juice. If something seems out of balance, add more of what is missing to bring it into balance.

Store in an airtight container in the refrigerator.

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