

Vegetable of the Week - Tomatoes



When are tomatoes in season?

May through October (first hard frost)

How do I buy tomatoes?

Well formed, smooth and plump tomatoes. A ripe tomato will be red and have a sweet tomato smell.

Avoid tomatoes with bruises, green or yellow spots.

How do I store tomatoes?

If unripe, but slightly pink, store in indirect light, or in a paper bag to ripen. Ripe tomatoes should be stored in refrigerator and used within a week.

How do I prepare tomatoes?

Wash tomatoes and cut stem ends out. Tomatoes can be eaten raw or cooked. Boil for 7-15 minutes; microwave 3-5 minutes; bake 15-30 minutes. Microwaving or baking preserves nutrient value.

Did you know that eating 5 servings of fruits and vegetables each day is one of the more important choices you can make to maintain your health?





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STEPS TO A HEALTHIER YOU

Introducing Vegetables to Your Family

If the vegetable is new to your family:

1. Offer but don't force them to try.
2. Be a model. Eat the new vegetable yourself.
3. Serve the vegetable with favorite foods.
4. Let children help prepare the vegetables.

Recipe

Tomato and Green-Pepper Salad



- 6 firm red medium tomatoes
- 2 crisp medium green peppers
- 1 medium onion
- Salt and pepper to taste
- 1/2 cup Canola or vegetable oil
- 1/4 cup vinegar
- 1 tablespoon dried oregano

Wash, de-stem, and cut tomatoes into wedges. Seed peppers and cut into wedges. Peel and slice onion. Combine tomatoes, onions, and peppers in a large bowl. Combine salt, pepper, oil, vinegar, and oregano then drizzle over the salad, and toss well.

The Family Nutrition Program operates through Purdue University Cooperative Extension Service in partnership with Indiana Family & Social Services Administration (FSSA) and the United States Department of Agriculture (USDA). Purdue University Cooperative Extension Service, FSSA and USDA are equal opportunity/equal access/affirmative action institutions.

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The Food Stamp Program helps end hunger and provides healthy foods for low-income families. To find out more about food stamp benefits contact your local office of Family Resources.