



presents

# Jersey Tastes!

A Year-Round Celebration of the Garden State's Fruits and Vegetables



# TOMATOES

#JerseyTastes  
[www.farmtoschool.nj.gov](http://www.farmtoschool.nj.gov)





JERSEY TASTES

# HARVEST OF THE MONTH

SEPTEMBER 2017

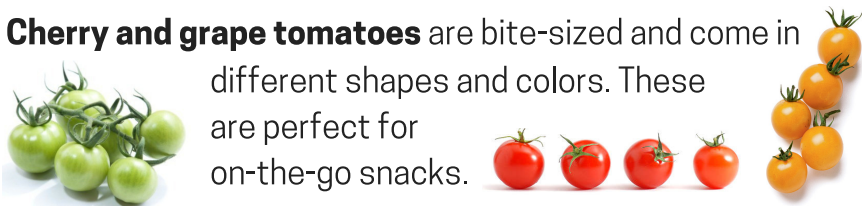
September  
26th is Jersey  
Tomato Tastes  
Day!

## Did you know...

there are over 10,000 types of tomatoes in the world?

Check out the top 4 varieties:

**Cherry and grape tomatoes** are bite-sized and come in different shapes and colors. These are perfect for on-the-go snacks.



**Roma or plum tomatoes** are oval-shaped and red in color. They are perfect for making sauces because they are sweet, have few seeds, and are high in pectin (a natural thickener). They are also low in moisture which gives them an extended storage time.



**Beefsteak tomatoes** are large, heavy tomatoes (up to 6 inches!) These meaty tomatoes are ideal for sandwiches.



**Heirloom tomatoes** come in different sizes, shapes, and colors. Since these juicy tomatoes are thin-skinned, they cannot be shipped long distances so you know they're always local. You can find them at farm stands, farmers markets, and local produce markets.



# FRESH TOMATO SOUP

MAKES: **6 SERVINGS**

SERVING SIZE: **1 CUP**

COOKING TIME: **30 MINUTES**

## INGREDIENTS

- 6 medium or 4 large tomatoes (2 pounds total), cored and seeded
- 2 medium red sweet peppers, coarsely chopped
- ½ of a sweet onion, chopped
- ¼ cup snipped fresh basil
- 1 cup reduced-sodium vegetable or chicken broth

## DIRECTIONS

1. In a blender or food processor combine half of the tomatoes, half of the sweet peppers, half of the onion, and half of the basil; add half of the broth.
2. Cover and blend or process until smooth. Transfer all to a large saucepan.
3. Repeat steps 1 and 2 with the remaining tomatoes, sweet peppers, onion, basil, and broth.
4. Cook over medium heat until heated through, stirring occasionally. Serve warm.



## SCIENCE SCOOP

- 🔍 Tomatoes are high in **vitamin A and C**, **calcium**, and **potassium**.
- 🔍 Tomatoes contain **lycopene**, an antioxidant that helps promote good heart health & gives tomatoes their signature red color.

## TOMATO TIPS!

- To choose the perfect tomato, look for one that are **plump** and **heavy** with a **smooth skin** that does not have bruises or deep cracks.
- Tomatoes should be stored at **room temperature**, not in the refrigerator. The cold air destroys the delicious natural flavors!

## Kids Korner

1. **Serve** sliced tomatoes with a pinch of seasoning (black pepper, oregano, basil, etc.)



2. **Cut** low-fat mozzarella cheese sticks into bite-sized pieces and using a toothpick, make mini cheese and cherry tomato kebabs. *Optional:* Add fresh basil for color and taste



3. **Dip** cherry or grape tomatoes in ranch dip or hummus, or just eat them plain!





# Healthy Habits for *Everyone*

Eat a nutritious  
breakfast to get  
your body and  
brain ready for the  
school day

Drink plenty of  
water –it's the  
best beverage  
anytime of the  
day

Eat a colorful  
variety of fruits  
and vegetables  
every day at all  
your meals and  
snacks

Get a minimum  
of 60 minutes  
of physical  
activity every  
day

Get a good  
night's sleep –  
your body needs  
rest after a full  
day of activity

