

BUFFALO FARM TO SCHOOL



Tomatoes



Beefsteak



Cherry



Grape



Plum

Varieties Grown in New York State

- Beefsteak
- Cherry
- Grape
- Plum

Nutrition and Health Benefits

- Tomatoes are a great source of Vitamin A, Vitamin C, potassium, and folic acid.
- They contain antioxidants, like lycopene, which help fight cancer and cardiovascular disease.
- Tomatoes are good for your hair, skin, and eyes!
- Eating tomatoes can help keep blood sugar levels in check!
- Tomatoes are saturated fat free, cholesterol free, and are low in fat, sodium, and calories.

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Selection

- Choose tomatoes with bright, shiny skin, and firm flesh.

How to Grow It

- **Fun Fact!** Tomatoes are the most popular garden vegetable crop!
- **Difficulty:** Medium difficulty
EXPERT TIP! Start tomato plants from seedlings instead of seeds...they are easier to take care of!
- **Growing Season:** Mid-summer to early fall
- **Sun & Soil:** 8+ hours of direct sun per day, in warm, well-drained, very fertile soil
EXPERT TIP! Grow mini varieties of tomatoes in a pot on your sunny porch! Be sure to use a well-draining pot, and keep it watered!
- **Size:** Plant seedlings 1-3 feet apart, as plants will spread 2-6 feet!
EXPERT TIP! Tomato plants can grow as tall as 6 feet! These tall plants need to be pruned and staked, to grow to their full potential!
- **Planting Time:** Late spring
- **Time to Harvest:** There are over 100 varieties of tomatoes, but on average, time to harvest is 60-85 days after planting.

Extra! Extra! Local tomatoes all year round!

- Since tomatoes are a staple in most NY kitchens, we have found a way to produce them all year round!
- Tomatoes are a crop that can be grown hydroponically, or in a climate-controlled greenhouse, in something other than normal soil!
- Our Harvest of the Month Tomatoes are only taking a short trip to get to us, from the Intergrow Greenhouses in Albion, NY, and H2OGro in Youngstown, NY...otherwise they would have had to travel very far from Florida or Mexico!
- Hydroponic Greenhouses make it possible to grow crops that usually need a pretty warm temperature, in a chilly town like ours!

Preparation & Cooking Tips

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- Cut tomatoes with a serrated knife to make neat slices, and avoid squeezing out the juices.
- Removing tomato skin is easy!
Cut an 'X' in the bottom of the tomato, dip into boiling water for 30 seconds, then right into ice water.
Peel the skin off with your fingers, starting at the 'X'.

Storage Tips

- Store tomatoes at room temperature, out of the sun. Use them within one week after ripening.
- Expert Tip! If overripe, refrigerate for 1-2 days for max flavor, then defrost to room temperature before using.
- To freeze tomatoes: Rinse, hull, and place in a labeled freezer bag after letting out all of the air. Be sure to leave room for expansion!
- Expert Tip! Frozen tomatoes will keep 8-12 months!

Kid-Friendly Eating Tips

- Make them into a salsa! Dice up some tomatoes, and add garlic, onions, peppers, cilantro, or basil for a perfect salsa dip for tortilla chips!
EXPERT TIP! Make a tomato salsa original! Have kids add their favorite veggie to make their own personal dip!
- Add them to sandwiches! Add fresh slices of tomatoes to sandwich favorites.
- Make them into a sauce! Cook down tomatoes on the stove top for a fresh pasta sauce.
EXPERT TIP! Cook tomatoes that are slightly bruised, overripe, or aren't perfect enough for a fresh dish!
EXPERT TIP! Use any type of pot or pan except aluminum or cast iron. These materials can react with the acid in tomatoes and change the taste of your sauce, or damage your pan!

RECIPES

PASTA SALAD WITH TOMATOES

Ingredients:

- 1 lb Beefsteak tomato diced
- 1 ½ lb Penne Pasta
- 1 cup Fat Free Italian Dressing
- 1 cup Parmesan cheese

Directions:

- Dice tomatoes
- Cook Pasta – cool
- Add fat free Italian dressing and parmesan cheese
- Toss well
- Serve

Yield: 15 ½ cup servings

TASTY TOMATO SALAD

Ingredients:

- 4 cup Tomatoes diced
- 2 cup Cucumber diced
- ½ cup Red onion diced

Red Wine Vinaigrette:

- 3 cups Salad oil
- 2 cup Red wine vinegar
- 3 Tbsp Sugar
- ¼ cup Lemon juice
- 1 tsp Black Pepper
- 1 tsp Basil
- 1 Tbsp Honey

Salt and pepper to taste

Add all ingredients in a bowl and whisk until blended

Directions:

- Dice tomatoes, cucumbers and red onion
- Put in bowl and add ½ cup of vinaigrette
- Mix well
- Refrigerate overnight

Yield: 10 ½ cup servings



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