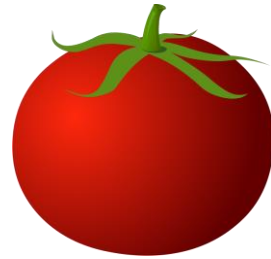




DECEMBER HARVEST OF THE MONTH *TOMATOES*

GOODSON FARMS
DAMASCUS, AR



This month we will have local tomatoes on December 14th during our Christmas Lunch.



FRUIT FACTS

- Good source Vitamin C
- High in water
- Contains lycopene
- Has vitamins and minerals such as manganese and potassium

ALL ABOUT TOMATOES

- Tomatoes originated in Central and South America
- Botanically it is fruit but it is also considered a culinary vegetable
- Tomatoes can be red, yellow, orange, pink, green, and purple