



# Tomatoes

## Goodson Farms

### Damascus, AR

#### Nutrition Facts:

- Fat free and cholesterol free = heart health
- Good source of vitamin A = vision and eye health
- Good source of vitamin C = immune system health
- Good sources of vitamin K and potassium = electrolyte balance and bone health
- High in lycopene = protects skin against harmful UV rays



#### Did you know?

Even though the tomato is a fruit, the South Arkansas Vine Ripe Pink Tomato was adopted by the General Assembly as the Arkansas State Fruit and Vegetable in 1987. Many varieties of tomatoes can be purchased at local farmers markets, especially during the summer months. Bradley County in Arkansas hosts "The Pink Tomato Festival" each year.

