

Tray Harvest of the Week

Volume 1. Issue Grape Tomatoes

Health and Learning Success

Students who regular physical activity often perform better in the classroom. Children need at least sixty minutes of physical activity every Harvest of the Week helps you to encourage your child to be active and to help them eat a colorful variety of fruits and vegetables.

Let's Get Physical!

Visit and walk around the local farmer's market with your child to see how many different fruits and vegetables are available in your area.

Check out www.letsmove.gov for more fitness ideas.

There are over 4,000 varieties of tomatoes.

The Incas and Aztecs started cultivating tomatoes around 700 A D

California is the tomato capital of the United States by growing 75% of all tomatoes and 95% of processing tomatoes.

Grape Tomatoes

HELP YOUR CHILD EAT HEALTHY

- Eat a simple snack of grape tomatoes with low -fat vegetable dip, low-fat ranch dressing, or peanut butter.
- If fresh tomatoes are not available, use lowsodium canned tomatoes, tomato paste, and tomato sauce.
- Place grape tomato halves on pizza, salads, pasta dishes, and sandwiches.
- Use raw tomatoes when making salsas, soups, and sauces.

PRODUCE TIPS

- Choose tomatoes that are bright, shiny, firm, and slightly give to gentle pressure.
- Store tomatoes at room temperature and away from direct sunlight for up to one week. Tomatoes may be refrigerated if they will not be eaten before spoiling.
- Tomatoes get heavier as they ripen. You can ripen tomatoes by placing them in a brown paper bag.
- Wash tomatoes in cold water and remove stems and leaves before serving.

HealthWise

Recommended daily amount of fruits and vegetables

	Children, Ages 5-13	Teens and Adults
Fruits	1-1 1/2 cups	1 1/2-2 cups
Veggies	1 1/2-2 1/2 cups	2 1/2-3 cups

Ask your child what he/she learned about grape tomatoes at school.

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Directions:

Ingredients: 12 oz bow-tie pasta

20 oz Italian turkey sausage

1 TBS oil

1 lb broccoli
1 pint grape tomatoes
1/2 cup shredded parmesan

 Cook pasta as directed. Set aside 1 cup of pasta cooking water before draining.

BOW-TIES AND GRAPE TOMATOES

Makes 8 servings

- Heat oil in large skillet over med-high heat. Cook sausage, breaking up into chunks, 4 minutes or until no longer pink.
- Add reserved pasta water and chopped broccoli to skillet. Cover and cook 3 minutes. Add tomatoes, cover and cook 2 minutes until tomatoes just begin to burst.
- Toss sausage and veggie mix with cooked pasta and parmesan.
 Serve with more parmesan if desired.

Source: Woman's Day.com

Grape Tomatoes Nutritio	n Facts
	1 cup grape toma-
Serving Size	toes
Calories 27	Calories from Fat 2
	% Daily Value*
Total Fat Og	0%
Saturated Fat Og	0%
Trans Fat Og	
Cholesterol Og	0%
Sodium 7mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Sugars 4g	
Protein 1g	
Vitamin A 25%	Vitamin C 32%
Calcium 1%	Iron 2%
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