



Harvest of the Week

Volume 1, Issue Grape Tomatoes

Health and Learning Success

Students who get regular physical activity often perform better in the classroom. Children need at least sixty minutes of physical activity every day. **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.

Fun Facts

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 low-sodium 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.

BOW-TIES AND GRAPE TOMATOES

Makes 8 servings

Ingredients:

12 oz bow-tie pasta
1 TBS oil
20 oz Italian turkey sausage
1 lb broccoli
1 pint grape tomatoes
1/2 cup shredded parmesan



Directions:

1. Cook pasta as directed. Set aside 1 cup of pasta cooking water before draining.
2. Heat oil in large skillet over med-high heat. Cook sausage, breaking up into chunks, 4 minutes or until no longer pink.
3. 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.
4. Toss sausage and veggie mix with cooked pasta and parmesan. Serve with more parmesan if desired.

Source: [Woman's Day.com](http://www.womansday.com)

Grape Tomatoes Nutrition Facts	
Serving Size	1 cup grape tomatoes
Calories 27	Calories from Fat 2
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0g	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%
*Percent Daily Values are based on a 2,000 calorie diet.	