



Harvest of the Week

Volume 1, Issues Teardrop Tomatoes

Health and Learning Success

Children do better in school and are more alert when they eat breakfast. Make fruits and vegetables part of your child's meals and snacks every day. **Harvest of the Week** is a great way for your family to explore, taste, and learn about eating more fruits and vegetables and being active every day.

Let's Get Physical!

Be an awesome role model for your family by walking more! Walk up the stairs, to the market, and after dinner.

For more tips of being active, visit: www.letsmove.gov

Fun Facts

Tomatoes are grown in every state except Alaska.

Yellow and orange tomatoes are usually sweeter than red and green ones.

Americans eat over 22 pounds of tomatoes every year with over half being in the form of ketchup and/or tomato sauce.

Teardrop Tomatoes

HELP YOUR CHILD EAT HEALTHY

- Eat a simple snack of teardrop tomatoes with low-fat vegetable dip, low-fat ranch dressing, or peanut butter. *Seriously, peanut butter!*
- Slice a variety of tomatoes and mix with your favorite low-fat dressing for a quick and easy salad.
- If fresh tomatoes are not available, use low-sodium canned tomatoes, tomato paste, and tomato sauce.
- Use raw tomatoes when making salsas, soups and sauces.



ROASTED TOMATOES

Makes 4-6 servings

Ingredients:

- 2 lbs teardrop tomatoes
- 3 TBS olive oil
- Kosher salt and ground black pepper

Directions:

1. Heat the oven to 400°F.
2. Place tomatoes on a sheet pan and drizzle with olive oil and season with salt and pepper.
3. Roast until the tomatoes collapse, about 10 minutes.

Enjoy by themselves or with pasta, chicken, sandwiches, soups, salads, and more! You can also add more flavor in this recipe with ingredients such as garlic, balsamic vinegar, basil, and cheese.

Source: [Food Network.com](http://FoodNetwork.com)

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.
- Ripen tomatoes by placing them in a brown paper bag.
- Tomatoes get heavier as they ripen.
- 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 teardrop tomatoes at school.

Teardrop Tomatoes Nutrition Facts	
Serving Size	1 cup teardrop 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 6mg	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.	