

Fun FACTS

There are over 10,000 varieties of tomatoes in the world!



Tomatoes are the state vegetable of New Jersey!

NEW JERSEY

Tomatoes are technically a fruit!



The state beverage of Ohio is tomato juice!



There is a festival in Spain called *La Tomatina*, where participants throw overripe tomatoes at each other!



Tomatoes can be other colors besides red. Some varieties are yellow, orange, green, pink, purple, black or even white!





Fun FACTS

Tomatoes originated in South America in the Andes Mountains.

The Aztec and Inca populations were the first to cultivate tomatoes



around 700 AD!

Spanish explorers brought the first tomatoes to Europe in the 1500's!



Tomatoes are full of nutrients like vitamins A and C, potassium, and lycopene, an antioxidant that is linked with reduced heart disease and cancer.



Europeans feared eating tomatoes when they were first introduced because they looked so similar to their poisonous relative, deadly nightshade.



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World's BIGGEST



Tomato: The world's largest tomato was grown in Minnesota and weighed **11.65 lbs!**

And it had a circumference of 32.5 inches, that means it was bigger around than a NBA basketball!



Tomato Plant: Grown in Japan and covered an area of **919.88 ft²**! That's almost as big as the Oval Office!

Number of Tomatoes: Walt Disney World in Florida holds the record for the most tomatoes harvested in one year from a SINGLE tomato plant is **32,194** tomatoes! Each tomato was about the size of a golf ball and when added up, came to over 1,150 pounds of tomatoes!



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Need To KNOW



Storage

The best way to store tomatoes is at room temperature. The refrigerator is too cold and can diminish their flavor and texture!

You can freeze tomatoes whole! It's a great way to preserve them while they are still fresh and then use them to make sauces and stews!



To peel a tomato, score the bottom with an X, and put into boiling water for 30 seconds. Then put them directly into ice water, and the skin will slide right off!

Cooking



Tomato plants require at least 6-8 hours of sunlight a day and consistent watering to produce quality fruits!

Roasting your tomatoes helps to enhance their natural sweetness and gives them more flavor. A great addition to soups and sauces!



Growing



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