

TO-MAGIC-O

Tomato

The oldest of the superheroes, To-magic-o became a tomato superhero thousands of years ago. An ancient emperor commanded nutrition magician Vita-clese to create a natural food to satisfy all the kingdoms. The magician combined a stone bowl of vitamin C, a wooden spoon of vitamin K and a pinch of potassium, vitamin A, folate and other nutrients to make a bright red ball he bound together with fiber. Then he gave the ball super tasty powers of versatility and called it To-magic-o. Today To-magic-o is highly respected in Healthyville and she can transform into thousands of shapes and colors to make good nutrition super tasty for anyone in the world.

FUN FACTS

Spanish explorers introduced the tomato to Europe in the 1600s. The tomato arrived in America in the late 1700s.

Adventuresome gardeners, like
Thomas Jefferson, helped it gain
in popularity. By 1835, tomatoes
were widely eaten. The average
person in the U.S. consumes about
88 pounds of tomatoes each year!

Tomatoes are the most popular garden vegetable crop in Texas.



## JOKE OF THE MONTH

Q: What did the father tomato say to the baby tomato while on a family walk?

A: Ketchup.



## **ARCH ENEMY**

lce Man — tomatoes

don't like cold

### TOMATO CORN SALAD

#### Ingredients:

2-1/4 pounds Corn, sweet
2-1/2 pounds Cherry tomatoes
1 cup Olive oil

1/4 cup Red wine vinegar

1-1/2 tsp. Salt

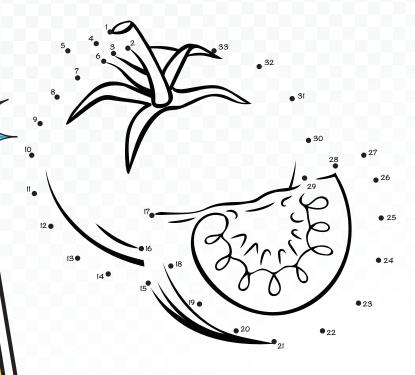
1 top. Black pepper, ground

1 cup Basil, fresh, chopped, leaves only

#### Directions:

- 1. Remove kernels from corn cob. Defrost in cooler overnight if using frozen.
- 2. Cut each cherry tomato in half.
- 3. Whisk oil, vinegar, salt and pepper in a mixing bowl.
- 4. Add corn and cherry tomatoes to the mixing bowl. Fold all ingredients together lightly making sure not to crush tomatoes.
- 5. Sprinkle with fresh basil immediately before service.
- 6. Hold for cold service at 41°F or lower.

# CONNECT THE DOTS AND COLOR ME!



Sources: Texas A&M and Agrilife Extension