

This month
we're celebrating
tomatoes



Discovery
KITCHEN

FUN FACT!

Fruit or Veggie?

In 1893, the United States Supreme Court designated tomatoes a vegetable.

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DID YOU KNOW?

Tomatoes support bone health, promote healthy skin, and boost immunity.

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FUN FACT!

**Tomatoes aren't
always red.**

They can also be yellow, pink, purple,
black, white, and green!

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DID YOU KNOW?

**Your Spaghetti Sauce is
full of great things!**

Lycopene, an antioxidant, is more abundant in and better absorbed from cooked tomatoes than raw.

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FUN FACT!

**Tomatoes are the state
vegetable of New Jersey.**

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DID YOU KNOW?

**The Vitamin A in tomatoes
aids in improving vision!**

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FUN FACT!

There are over **10,000**
varieties of tomatoes
worldwide!

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DID YOU KNOW?

**There's a reason zesty
tomato dishes like Pasta
Marinara taste delicious!**

As many recipes prove, tomatoes are mild and sweet in flavor and pair well with herbs and spices.

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FUN FACT!

**The Vine Ripe Pink Tomato
is the official state
vegetable of Arkansas!**

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FUN FACT!

Heirloom tomatoes come from seed that has been handed down for generations, typically for at least **50 years.**

Most heirloom varieties have greater flavor than hybrid tomatoes.