



The Vegetable of the Month is the TOMATO!

The tomato originated in the highlands of South America. From there it migrated to Central America, where Mayan and other peoples in the region began using the tomato in many recipes.

The heaviest tomato ever grown weighed 7 lb 12 oz. It was of the cultivar 'Delicious' and was grown by Gordon Graham of Edmond, Oklahoma in 1986.

There are hundreds of varieties of tomatoes, and not all are red. Ripe tomatoes can be red, orange, yellow, green, pink, black, or striped.

Tomatoes are high in Vitamin C and have cancer fighting properties.



Tomatoes are used to make foods like chili, salsa, pasta sauce, pizza, ketchup, and all kinds of salads. They are also delicious eaten plain, or with dip. Look for tomatoes on the lunch line this month.

