Tomato

What Am I?

Tomatoes are commonly grown in home gardens. There are different varieties of tomatoes including slicing tomatoes, round tomatoes, and cherry tomatoes. Tomatoes are commonly used to make foods like spaghetti sauce, and ketchup, but they can also be enjoyed fresh, canned, or frozen.

How Do I Grow?

- Tomatoes are warm-weather plants that grow on vines.
- They can be started by seeds or a transplant.
- Some varieties of tomatoes may need stakes or cages to hold them upright.
- They can ripen both on and off the vine.

Nutrition

Tomatoes are good sources of vitamin A, vitamin C, potassium and fiber. They also contain lycopene, which has been studied in cancer prevention.

Fun Facts

- California and Florida are the top tomato produces in the U.S.
- The heaviest tomato ever grown weighed nearly eight pounds.
- When introduced to Europe, tomatoes were called “love apples.”
- There are thousands of varieties of tomatoes grown across the world.

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