



Tomato

Planting from Seed

When to start seeds indoors: 6-8 weeks before spring frost date

Earliest date to transplant hardened off seedlings:

1 week after spring frost date

Days of Germination: 6-12 days (in optimal conditions)

Planting in the Garden

Recommended garden type and methods: Transplant into raised beds, strawbale, containers, hydroponic, hoop house, field grown. Prefer trellis.

Spacing: 16" – 24" apart, rows 3'- 4' apart

Companion plants: Basil, asparagus, beans, herbs.

Harvesting

1 seed = 1 plant = 7-10 lbs. depending on variety

Days to Harvest: 60 to 100 days depending on variety and planting dates

Directions: To know when to harvest: check days to harvest on the seed packet or plant tag, look for full color, firm but with a little give when gently squeezed, and a tomato smell. Harvest by gently turning the fruit and tugging from the vine being careful not to damage the branch or stem as the tomato breaks just above the calyx. Tomatoes can be cut from the vine also. Place tomatoes in one layer in large, shallow containers. Unblemished tomatoes can be washed and sorted. Remove field heat in a cool room. Store tomatoes above 50' at all times.

Use in the Kitchen

Vegetable subgroup: Red/orange

Preparation: Wash, remove stem, slice or dice

Menu Planning Ideas: Raw in salsa, salad; simmered in soup, sauce

Suggested Flavor Enhancers: Basil, oregano, vinegar, salt, pepper, garlic, onions



The Lifecycle of Farm to School

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