



Kitchen Tips for Tomatoes

MO Grown Produce

In Season in Missouri:	July - October
Quality:	Tomatoes should be slightly soft and free from skin damage such as punctures or cracks. Heirloom tomatoes come in a variety of colors and shapes and are known for their superior flavor.
Storage:	Store whole tomatoes at room temperature for best taste. Tomatoes that are not fully ripe will continue to ripen if kept at room temperature and out of the sun.
Food Safety:	Wash under running water that is ten degrees warmer than the tomato to prevent infusion of bacteria. Do not soak in water. Do not keep cut tomatoes more than 4 hours at room temperature or 7 days in refrigerator.
Yield:	For 50, ¼ cup servings of raw tomato you need 3-4 pounds.
Preparation Tips:	<ul style="list-style-type: none">Remove core and slice with a sharp or serrated knife.To peel, drop in boiling water 30 seconds and then plunge in ice water. Use a paring knife to pull away skin.Add sliced tomatoes to salads and sandwiches at the last minute to avoid sogginess.
Kid-Friendly Serving Ideas:	<ul style="list-style-type: none">May remove seeds if desired by cutting in half and gently squeezing out the jelly like juice and seeds.Tomatoes are delicious with Italian seasonings such as basil, oregano, garlic and olive oil.They are great with Mexican/Southwest flavors such as cilantro, onion and peppers as a fresh “Pico de Gallo” salsa.
Nutrition:	Tomatoes are a red/orange vegetable and are rich in vitamins A and C. They are also rich in lycopene, an antioxidant, which may help prevent disease. Cooking enhances the lycopene in tomatoes.

Fun Fact #1:

According to the USDA, Americans eat 22-24 pounds of tomatoes per person, per year. About half of that comes in the form of ketchup and tomato sauce.

Fun Fact #2:

Colonial American gardeners grew tomatoes for their looks, but didn't eat them because they thought they were poisonous.

