



Tomatoes

Did You Know?

Tomatoes are a fruit.

Technically, a tomato is grown from the ovary in the base of a flower and is botanically considered a fruit.

However, tomatoes are most often used in savory cooking dishes and often referred to as a vegetable in culinary settings.

Nothing tastes better than a fresh, juicy tomato! Vine-ripened, peak season tomatoes are available at local stores and farmers' markets from July through October in Colorado. Greenhouse tomatoes can also be a source of fresh and juicy tomatoes year-round.

Health Benefits

Boost your antioxidants with tomatoes and benefit from a wide variety of cancer fighting nutrients including lycopene, beta carotene, and vitamin C.

Selection and Storage of Fresh Tomatoes

- Select tomatoes that are rich in color, smooth, and free from bruises or cracks.
- Tomatoes should be heavy for their size and semi-firm.
- Store tomatoes at room temperature away from direct sunlight, with the stem end down to prolong shelf life.
- Tomatoes taste better if not refrigerated; however, refrigeration can prolong storage life if you would otherwise not be able to use them before they spoil at room temperature.

Preparing Fresh Tomatoes

- Rinse tomatoes under clean running water.
- Use a sharp knife to remove the core, then slice or dice for the recipe or dish being prepared.
- Serve and/or cover and refrigerate cut tomatoes within 2 hours.

Purchasing Other Tomato Products

Look for these additional nutritious tomato products in the canned vegetable aisle of your grocery store:

- Tomato Sauce: Best known with pasta dishes, tomato sauces are primarily made from tomatoes, but may contain meat or other vegetables and seasonings.
- Tomato Paste: A concentrated form of tomatoes that adds tomato flavor without adding extra liquid, and can thicken a sauce or act as a binder.
- Canned Tomatoes: Available in a variety of sizes and seasoning combinations—from whole to diced. Provide a great option for enjoying tomatoes throughout the winter months.



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Incorporate the rich color and taste of tomatoes into your next meal!