

# — GRAPE TOMATOES —

## What are they?

- Originally developed in the 1990's, these tiny tomatoes have become popular because of their sweetness and one-bite size.
- They have a similar shape and size to grapes, hence their name “grape tomatoes.”
- Grape tomatoes have a sweet flavor, a firm texture, and less juice than other types of tomatoes.
- Some varieties of grape tomatoes are named Elfin, Rosalita, and Sprite.



## When are they available?

- Harvested locally July through October.

## What's so cool about them?

- The government labeled tomatoes as a vegetable for economic reasons even though they are technically a fruit.
- They used to be called “love apples” in Europe
- Around 700 A.D. Aztecs called small tomatoes “xitomatl” (zee-toe- ma'-tel) which means “plump thing with a navel.”
- The very first Grape tomatoes are thought to have been grown in Southeast Asia.
- Tomatoes are part of the Nightshade family. Do not eat the stem or leaves of tomato plants because they are toxic.
- Tomatoes continue to ripen even after they are picked.



## Why should I eat them?

- Grape tomatoes are low in calories and high in vitamin C, potassium, antioxidants, and lycopene.
- Lycopene gives tomatoes their red color and also is known for being important for cancer and other disease prevention.

