Today the Fresh Fruit and Vegetable Program presents to you...

Cherry Tomatoes

Nutrition Facts

Serving Size 1 cup cherry tomatoes

Amount Per Serving	
Calories 27	Calories from Fat 2
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 7mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Sugars 4g	
Protein 1g	
Vitamin A	25%
Vitamin C	32%
Calcium	1%
Iron	2%

*Percent Daily Values are based on a 2,000 calorie diet.

What are they?

- Tomatoes come in over 1,000 varieties
- Do not eat the stem or leaves of tomato plants because they are toxic
- They continue to ripen even after they are picked
- Tomatoes are part of the nightshade family
- Cherry tomatoes have thin skins and high water content making them a juicer variety
- They are similar to the size of a cherry, hence their name "cherry tomatoes"
- Cherry tomatoes can have red, orange, yellow, or green colored skins

When are they available?

- Harvested locally July through October

What's so cool about them?

- The government labeled tomatoes as a vegetable even though they are technically a fruit for economic reasons and because we eat them with dinner and not dessert
- They used to be called "love apples" in Europe
- Tomatoes did not gain popularity in the U.S. until the 1800s because people used to think they were poisonous
- Around 700 A.D. Aztecs called small tomatoes "xitomatl" (zee-toe-ma'-tel) which means "plump thing with a navel"

Why should I eat them?

- Excellent source of…
  - Vitamin A, which is good for your eyes and skin
  - Vitamin C, which helps boost your immune system and promote wound healing and collagen formation
- Good source of…
  - Vitamin K, which aids in blood clotting
  - Potassium, which plays a role in controlling your blood pressure

Need some recipe ideas?

- Cherry Tomato Salad
- Their small size makes them a great on-the-go snack

Resources:
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