

Tomatoes



Tomato Facts

- Tomatoes are actually in the fruit family and there are thousands of varieties.
- Tomatoes are considered a vegetable because they are served and prepared like vegetables. Most fruit is used for dessert rather than a part of a salad or the main meal.
- Tomatoes are classified into three groups Cherry, Plum and Slicing.
- Tomatoes were thought to be poisonous until the nineteenth century, however, their leaves and stems are poisonous but toxic only if eaten in large quantities.
- Half a cup of tomatoes contains 40% of the recommended daily value for vitamin C and they are a good source of Vitamin A.
- Tomatoes grow on a plant that is 3-10 feet in height and has a weak, woody stem with smaller branching stems containing leaves 4-10" long.
- Tomatoes can be red, yellow, purple, orange, green and even black and white.
- Tomatoes were once called Peruvian apples, Love apples and Golden apples.
- Refrigeration kills the flavor of tomatoes.
- Beefsteak tomatoes got their name because they don't have the hard greenish-white core. They are fully red and entirely edible, just like a steak.
- Tomatoes are used to make soup, chili, salsa, ketchup and sauce for pizza and pasta.
- The tomato is the state vegetable of New Jersey.
- New Jersey tomatoes are often said to have the best taste!
- New Jersey ranks 9th in tomato production in the United States.

