

TOMATO



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

TOMATO

DESCRIPTION: Round, with a soft skin. Tomatoes can be red, orange, pink, yellow or purple. There are more than 7,500 varieties grown around the world.

MYPLATE FOOD GROUP: Vegetable

ORIGIN: Tomatoes were first found in Peru, and then brought to Europe in the 1500's. Colonists that left England brought tomato seeds to plant in the US.

HOW DO THEY GROW? Tomatoes grow on a vine. Their flowers are pollinated, and then grow into the food we eat.

GROWING TIME: About 110 days from seeds to full grown tomatoes.

HARVEST SEASON: July to September

HEALTH BENEFITS: Tomatoes contain Lycopene, which help our hearts stay healthy. They also contain Vitamin A for healthy eyes and skin, and Vitamin C, which is great for fighting colds and healing cuts.

HOW CAN WE EAT THEM? Tomatoes can be eaten raw or cooked, made into sauces, salsas, soups, and juices. Ketchup is made from tomatoes!