



Hey kids, become a
FOOD EXPLORER
and check this out!

Tomatoes



Did you know...?

- Massachusetts farmers grow 55 to 60 million pounds of tomatoes per year—about 9 pounds for every person in the state.
- Tomatoes are really fruits that grow on tall vines.
- There are about 5,000 variations of tomatoes worldwide.
- The largest tomato ever grown was 8.61 pounds—the size of a newborn baby.
- The Pilgrims thought that growing tomatoes was evil—as bad as dancing or playing cards!

DELICIOUS AND NUTRITIOUS

Fresh tomatoes picked right off the vine or from a farmers' market are full of juicy sweetness. Remember to wash all produce before eating regardless of where it is from.

A SUPER SNACK IDEA

Put a slice of fresh tomato on an English muffin, top with low-fat cheese, and toast it in the oven.

TOMATO HUMOR

What did the farmer say to the slow tomato?
“Ketchup!”