

South Carolina



SEPTEMBER



DESCRIPTION

Tomatoes, botanically a berry, come in a variety of sizes, colors, and shapes. The fleshy internal of the tomato has slippery seeds incased in a watery substance. Tomatoes love South Carolina weather because of the warm days and mild nights.

Information from:

<http://www.foodreference.com/html/qtomatoes.html>

<http://www.clemson.edu/extension/hgic/plants/vegetables/crops/hgic1323.html>

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<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=44>

Palmetto Pick of the Month: TOMATOES

HISTORICAL FACTS

Tomatoes are native to western region of South America and then spread to North America. Aztec culture called tomatoes "the swelling fruit". They spread to Europe in the 1500s, where they became famous in Italian meals.

HEALTH BENEFITS

Tomatoes are full of lycopene! Lycopene is what makes tomatoes red. Nutritionists and researchers are still discovering the connection between lycopene and bone health.

HARVEST TIPS

Harvest tomatoes when the they are firm and fully ripened. For most varieties, ready to pick tomatoes are dark red.



QUOTE

"A world with out tomatoes is like a string quartet with out violins."

-Laurie Colwin

PALMETTO PICK OF THE MONTH SNACK

Tomato and cream cheese on a bagel is a simple yet savory snack that's quick to make!



SC Farm to School put together a harvest of the month program called *Palmetto Pick of the Month*.