

South Carolina



Farm to



School



Palmetto Pick of the Month TOMATOES

SEPTEMBER



DESCRIPTION

Tomatoes are fruits, related to the berry family. They come in a variety of shapes and sizes. Their soft outside covers a fleshy inside, incased with seeds. It is one of America's favorite types of produce and grows well in South Carolina.

PREPARING

Keep tomatoes on the vine until you are ready to use them. Place them in paper bags after harvesting, out of extreme sunlight. Never refrigerate fresh tomatoes. When ready to use, wash the outside of the tomato well. Enjoy sliced, whole, frozen, or canned.

GROWING TOMATOES

Sun Exposure: Full Sun

Soil Type : Loamy

Soil pH: Acidic

Tomatoes are a warm weather plant. Start the seeds indoors about two months before the last spring frost.

When you transplant the plant, select a site with full sun and till the soil with compost. After the last frost, transplant your plant into the soil, covering enough just so that the lowest leaves are above the ground. Water well after transplanting. Continue to water generously for the first week and continue to water well throughout the summer. To help your plant grow well, use tomato cages or stakes upright in the ground. Harvest tomatoes when they are firm and fully ripened, usually dark red.

HEALTH BENEFITS

Tomatoes are a great source of vitamin C, which help your body grow, develop and repair. They are also full of lycopene which can help your bones stay strong.

BOOKS

I Will Not Never Ever Eat a Tomato by Lauren Child

Too Many Tomatoes by Eric Odes

PALMETTO PICK OF THE MONTH SNACK

Place a sliced tomato on half a bagel with some cream cheese for a savory snack.

