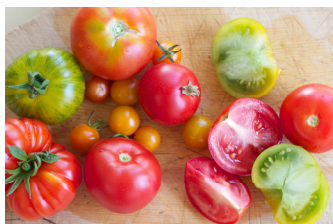


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## Selection

Tomatoes come in many colors—even green and purple! Many are red. When buying tomatoes the skin and flesh on a ripe tomato are red or reddish-orange in color.

They are usually round or oval in shape. Tomatoes range in size from 1 to 6 inches.



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## Care and Storage

- ◆ Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
  - ◆ Always wash your fruits and vegetables before eating.
  - ◆ Washing fruits and vegetables with soap or detergent or using commercial produce washes are not recommended.
  - ◆ Drying produce with a clean cloth or paper towel may further reduce bacteria that may be present.
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## Why Buy Local?

- ◆ Local food travels a lesser distance to your plate compared to supermarket food which can travel as far as 2,000 miles!
  - ◆ The money you spend supports the family farms who are your neighbors.
  - ◆ You are keeping farmers farming, which protects productive farmland from urban sprawl and being developed
  - ◆ You are making a healthy choice for you and your family.
- 



### FOR MORE INFORMATION...

Contact your local Extension office:

Polk County UW-Extension  
100 Polk County Plaza, Suite 190  
Balsam Lake, WI 54840  
(715)485-8600  
<http://polk.uwex.edu>

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Originally developed by: Jennifer Blazek,  
UW Extension Polk County, Balsam Lake, WI;  
<http://polk.uwex.edu> (June, 2014)



# Tomato Jitomate

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## Uses

There are many uses for tomatoes. They can be eaten raw or cooked (baked, stewed, grilled, or stir-fried). They are also wonderful to eat alone, add to sandwiches or salads. They can be enjoyed in soups, salsas, and sauces. Many pasta dishes use tomatoes, like spaghetti and pizza.



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## Nutrition Facts

- ♦ Fat free
- ♦ Cholesterol free
- ♦ Very low in sodium
- ♦ Good source of Vitamin A
- ♦ High in Vitamin C

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## Try It!

### Stuffed Tomatoes

#### INGREDIENTS

- |          |                           |
|----------|---------------------------|
| 1        | Small onion               |
| 3        | Large tomatoes            |
| 1 cup    | Unseasoned bread crumbs   |
| 2 tsp.   | Dried parsley             |
| 2 tsp.   | Dried basil               |
| 1/2 tsp. | Black pepper              |
| 1/4 tsp. | Garlic powder             |
| 1 Tbsp.  | Vegetable oil             |
| 1/4 cup  | Water (or more as needed) |

#### INSTRUCTIONS

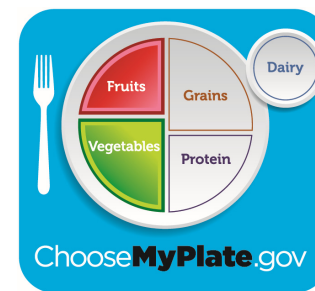
1. Preheat oven to 400 degrees
2. Peel the onion. Chop into small pieces
3. Cut each tomato in half. Remove the part with stem.
4. Gently squeeze each tomato half over the sink to remove seeds.
5. Put the breadcrumbs into medium bowl. Add spices and oil.
6. Mix well, slowly adding water to moisten bread crumbs.
7. Use a spoon to press the crumb mixture into tomato halves.
8. Lightly oil a baking pan. Place tomatoes on the pan, with the cut side up.
9. Bake for 15-20 minutes, until the

crumbs are browned and tomatoes are soft.

Yield: 6 servings

**Note:** If you don't have breadcrumbs make your own by toasting 4 pieces of bread and crush with a jar or rolling pin. 3 cups of flaked cereal will work as well.

Recipe Source: [www.recipefinder.nal.usda.gov/](http://www.recipefinder.nal.usda.gov/)



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## History & Fun Facts

The tomato originated in the Andes Mountains in South America. The Maya and Aztec people grew tomatoes. Its name is derived from the Aztec word "tomatl". Spanish explorers introduced the tomato to Europe in the 1600's where it was embraced by Spaniards and Italians.

There are thousands of tomato varieties. The most widely available varieties are classified into three groups of tomatoes: Cherry, Plum and Slicing.