

# Harvest of the Month™

## FALL - TOMATOES



TOMATOES, A LOCALLY GROWN FRUIT OF SAN DIEGO COUNTY, ARE AN AMAZING SOURCE OF VITAMINS AND MINERALS! RICH WITH VITAMIN C, FIBER, AND VITAMIN K, TOMATOES ARE A GREAT SNACK AND ADDITION TO ANY MEAL! THEY ARE ALSO MADE UP OF 90-95% WATER AND CAN BE A GOOD SOURCE OF HYDRATION.

### FOOD WASTE PREVENTION

- KEEP TOMATOES AT ROOM TEMPERATURE, BUT OUT OF DIRECT SUNLIGHT
- STORE THEM STEM SIDE DOWN AS THEY FINISH RIPENING
- SMELL YOUR TOMATOES BEFORE PURCHASING THEM, THE STRONGER THE SMELL, THE MORE FLAVOR IT WILL HAVE
- SALSA AND SAUCE ARE GREAT WAYS TO USE ALMOST ALL PARTS OF THE TOMATO

### HEALTHY SERVING IDEAS



ADD SLICES TO SANDWICHES

USE CHERRY TOMATOES FOR MINI CAPRESE BITES



ROAST AND PUREE INTO A HEALTHY AND FLAVORFUL SOUP



### FUN FACTS

SAN DIEGO IS ONE OF THE LARGEST TOMATO PRODUCING COUNTIES. 75% OF ALL COMMERCIAL TOMATOES ARE GROWING IN CALIFORNIA.

### COMMON TOMATO VARIETIES

#### STANDARD GLOBE



REGULAR SIZED, SLICER TOMATOES, VARY IN COLOR, BUT MAINLY RED

#### BEEFSTEAK

LARGER SLICER TOMATOES, COME IN A VARIETY OF COLORS, THICK CONSISTENCY



#### CHERRY

MINI TOMATOES, USUALLY LESS THAN AN INCH IN SIZE, FOUND IN MANY COLORS



#### PLUM

OBLONG SHAPED TOMATOES USED FOR SAUCE AND PASTE



#### OXHEART

HEART SHAPED TOMATOES, MAINLY HEIRLOOM VARIETIES, THICK CONSISTENCY



### FUN FACTS

MEMBERS OF THE FAMILY SOLANACEAE, OR NIGHT SHADES, ALONG WITH EGGPLANTS, PEPPERS, AND POTATOES. NIGHTSHADES CONTAIN ANTIOXIDANTS THAT CAN PROTECT CELLS FROM DAMAGE DUE TO STRESS!



# TOMATO SEED SAVING ACTIVITY

## MATERIALS

1. TOMATO OF YOUR CHOICE
2. KNIFE
3. CLEAN GLASS JAR
4. WATER
5. STRAINER
6. GLASS DISH
7. ENVELOPE



## INSTRUCTIONS

- 1) CHOOSE A TOMATO THAT LOOKS HEALTHY AND STRONG! USING A KNIFE, CAREFULLY SLICE IT IN HALF AND SCOOP OUT THE SEEDS INTO A CLEAN GLASS JAR
- 2) THE SEEDS WILL BE SLIMY BECAUSE THEY ARE COVERED IN A "SEED COAT" THAT PREVENTS GERMINATION
- 3) TO REMOVE THIS COAT, ADD A LITTLE WATER INTO THE JAR, PUT ON THE LID, AND SHAKE THE JAR
- 4) COVER THE JAR AND LET IT SIT FOR 3-7 DAYS, ALLOWING THEM TO FERMENT (BREAK DOWN THE SEED COAT)
- 5) ONCE THE WATER IS CLOUDY AND THERE IS A SMALL LAYER OF MOLD ON THE SURFACE, IT IS TIME TO RINSE THE SEEDS!
- 6) RINSE THE SEEDS USING A STRAINER TO REMOVE ANY LAST BITS OF PULP
- 7) SPREAD THE SEEDS ONTO A GLASS DISH TO DRY, PLACE THEM INTO A WARM, DRY SPOT TO DRY OUT COMPLETELY
- 8) STORE YOUR DRY SEEDS IN A COOL, DRY PLACE SUCH AS AN AIRTIGHT CONTAINER OR ENVELOPE
- 9) NOW YOU CAN PLANT YOUR TOMATO SEEDS AND SHARE THEM WITH FRIENDS AND FAMILY!

## PASTA WITH FRESH TOMATO SAUCE RECIPE

### INGREDIENTS

- 1.5 LBS RIPE TOMATOES
- 2 TBSP OLIVE OIL
- 1 TBSP LEMON JUICE
- 1/2 TSP SALT
- PEPPER, TO TASTE
- 1 GARLIC CLOVE, MINCED
- 1/2 LB WHOLE GRAIN PASTA OF CHOICE
- 1/4 CUP CHOPPED FRESH BASIL
- OPTIONAL: 1/2 CUP GRATED PARMESAN

### INSTRUCTIONS

1. CORE AND CHOP 2/3 OF THE TOMATOES, HALVE THE REMAINING TOMATOES. RUB THE CUT SIDES OF THE HALVED TOMATOES AGAINST A GRATER OVER A LARGER BOWL. DISCARD THE SKIN
2. ADD THE CHOPPED TOMATOES, OLIVE OIL, LEMON, SALT, PEPPER, AND GARLIC TO THE BOWL WITH PULP. LET SIT
3. BRING A LARGE POT OF SALTED WATER TO A BOIL THEN COOK THE PASTA AL DENTE. RESERVE 1 CUP OF PASTA WATER BEFORE DRAINING
4. DRAIN PASTA, THEN RETURN TO THE POT. POUR IN THE TOMATO SAUCE MIXTURE AND A SPLASH OF THE PASTA WATER. COOK OVER MEDIUM LOW HEAT UNTIL THE TOMATOES SOFTEN AND THE PASTA IS COATED IN SAUCE
5. REMOVE FROM HEAT AND TOSS WITH BASIL AND PARMESAN. SERVE AND ENJOY!