



THE SUN-KISSED tomato

Eating a Florida tomato is like taking a bite of sunshine. It's true. According to tomato expert Harry Klee from the University of Florida, the more direct sun a tomato gets the better and sweeter it will taste. Florida tomatoes rock!

Tomatoes are particularly high in vitamin C and also contain a good amount of vitamin A. One of the tomato's most important health benefits; however, may be its high amount of lycopene. Lycopene is a phytochemical found in red foods and is considered a potential cancer-fighting antioxidant. No other fruit or vegetable contains as much lycopene as a tomato does.

Did you know?

- Tomatoes contain vitamins C and A that may help fight infection and keep hair, bones and skin healthy.
- Tomatoes come in every color of the rainbow except for blue! You can find them in red, orange, yellow, green and even purple.
- Florida tomatoes are primarily grown in Collier, Dade, Gadsden, Hendry, Hillsborough, Lee, Manatee and Palm Beach County.
- Botanically, the tomato is a fruit—legally it's considered a vegetable.
- According to the U.S. Department of Agriculture, Americans eat between 22–24 pounds of tomatoes per person, per year.

Shopping, Preparing and Storing

- An unripe tomato will ripen in a warm, sunny place like a window sill.
- Store tomatoes at room temperature, out of their packaging and never in the refrigerator. Storing tomatoes in the refrigerator ruins their flavor.
- Choose tomatoes that are plump, shiny and that give slightly when you apply pressure.

Cooking Tips

- Tomatoes go well with basil, cumin, rosemary, dill, marjoram, tarragon and sage.
- Tomatoes are perfect for every meal. Add diced tomatoes to scrambled eggs. Sliced tomatoes are great on sandwiches or in salads at lunch.

BROILED FLORIDA TOMATOES

- 4 Florida tomatoes, halved
- 3 tablespoons bread crumbs
- 2 teaspoons minced garlic or ½ teaspoon garlic powder
- 2 teaspoons dried Italian herb or 2 tablespoons fresh herbs salt and pepper to taste
- cooking spray



1. Preheat oven to 325° F.
2. Combine bread crumbs, garlic, herbs, salt and pepper.
3. Spread the bread crumb mixture evenly over top of cut side of tomatoes.
4. Spray each tomato with cooking spray and bake uncovered for about 15 minutes.
5. Change oven setting to broil and broil for about 3 minutes or until brown and crunchy.



FRUITS

Make most of your choices whole or cut fruit instead of juice.

VEGETABLES

Eat a variety every day. Fresh, canned or frozen.

GRAINS

Make at least half of your grains whole grains.

DAIRY

For adults and children 2 years and older, drink 1 percent low-fat or fat-free milk.

PROTEIN

Choose lean meat, poultry without the skin, seafood, beans and peas, eggs, processed soy or nuts.