



# Tomato

**Plant:** Tomatoes are tender plants and are very susceptible to frost damage.

Start seeds indoors 6-8 weeks before the last frost date in your area. Sow 2-3 tomato seeds in 1x1" cells and thin to 1 plant after germination. Cover tomato seeds with ¼" soil and provide a constant soil temperature of 70-80°F. Once tomato plants are up, a growing light is necessary or seedlings will become tall and spindly. After tomato plants develop 1-2 sets of true leaves, transplant into 3x3" or 4x4" pots. When transplanting, space 24-36" apart with rows at least 36-48" apart.

**Grow:** Tomatoes prefer a full sun location, preferably with good air circulation.

Tomatoes are heavy feeders and prefer a warm, well drained soil of good fertility and cultivation. Add plenty of compost and well rotted manure prior to planting tomatoes. Feed regularly during the growing season with a compost tea or well balanced fertilizer.

**Harvest:** Pick tomatoes when fruit is firm and turning red.

Nutrition Facts	
Serving Size 1 medium tomato (148g)	
Amount Per Serving	
Calories 25	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 20mg	1%
<b>Total Carbohydrate</b> 5g	2%
Dietary Fiber 1g	4%
Sugars 3g	
<b>Protein</b> 1g	
Vitamin A 20%	Vitamin C 40%
Calcium 2%	Iron 4%

## Nutritional Information:

Tomatoes are fat free, cholesterol free and very low in sodium. They are high in vitamin A, vitamin C and potassium. Tomatoes are also an excellent source of lycopene, the pigment that gives the tomato its color

## How to Prepare:

Slice tomatoes vertically for salads and sandwiches to prevent the juice and seeds spilling out. To peel tomatoes, mark an X on the bottom of each one, place them in boiling water for about 20 seconds, remove the tomatoes with a slotted spoon, then plunge them into cold water. The skins should come off easily. Use peeled tomatoes in soups and stews or puree to make homemade tomato sauce. They also hold up well on the grill.



## Butternut Squash and Tomato Posol



**Yields:** 5 servings

**Serving size:** 1 and 2/3 cup

### **Ingredients**

- 1 28-ounce can whole peeled tomatoes, preferably No Salt Added
- 1 tablespoon canola oil
- 2 cups chopped red onions
- 4 cloves garlic, minced
- 2 tablespoons chili powder
- 3 cups diced (1/2 inch) peeled butternut squash
- 1 ½ cups vegetable broth
- 1 15-ounce can white hominy, rinsed
- 1 15-ounce can pinto beans, rinsed
- 1 ripe but firm avocado, diced
- ¼ cup chopped fresh cilantro

### **Preparation**

1. Working over a bowl, break apart tomatoes with your fingers one at a time, letting them drop into the bowl.
2. Heat oil in a large, heavy pan or Dutch oven over medium-high heat. Add onion and garlic and cook, stirring often, until beginning to brown, 4 to 5 minutes. Add chili powder and cook, stirring, for 30 seconds. Add squash, broth, hominy, beans and the crushed tomatoes (and juice). Bring to a simmer. Reduce the heat to maintain a gentle simmer.
3. Cover and cook, stirring occasionally, until the squash is tender, 25 to 30 minutes. Serve with avocado and cilantro.

### **Nutrition Facts per Serving:**

335 calories, 10 g fat, 57 g carbohydrates, 16 g fiber, 9 g protein