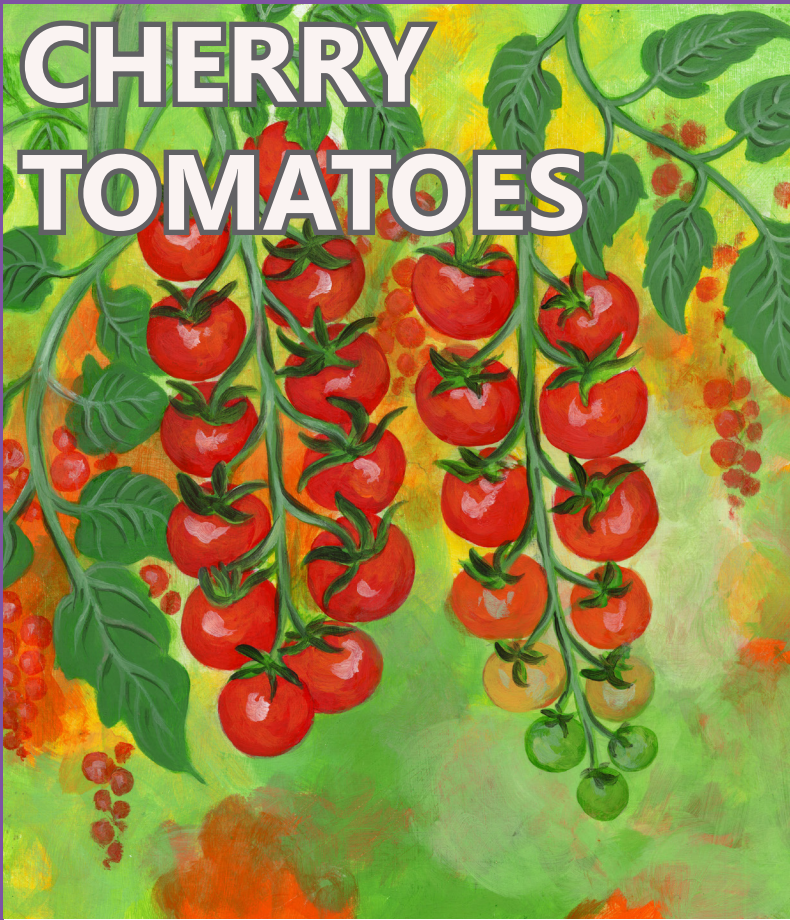


Harvest of the Month



CHERRY TOMATOES



Literature Links

- *If You Plant a Seed*, by Kadir Nelson
- *Little Yellow Pear Tomatoes*, by Demian Yumei
- *A Fruit is a Suitcase for Seeds*, by Jean Richards

Local Highlight

September is peak harvest time for many crops in Humboldt County, including cherry tomatoes!

Check out our video about local cherry tomatoes from Willow Creek Farms and Luna Farm:

vimeo.com/channels/hcoenutrition

Joke Corner

Did you hear about the race between the lettuce and the tomato?

The lettuce was a-head and the tomato was trying to ketchup.

How do you fix a sliced tomato?

Use tomato paste.

Harvest of the Month



CHERRY TOMATOES

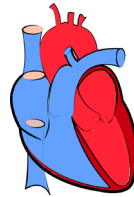
Solanum lycopersicum



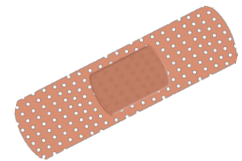
Spanish: el tomate cherry
Hmong: txiv lws suav me

Nutrition Power

Cherry tomatoes are a good source of potassium and vitamin C.



Potassium
helps your
heart to pump!



Vitamin C
helps you heal!

History

The wild ancestor of the cherry tomato can be traced back 80,000 years to Ecuador in South America. The pea sized tomatoes were later domesticated by native people of Peru and Ecuador and spread north into Central America and Mexico. The Aztecs developed a huge variety of cherry and full sized tomatoes.

In the 16th and 17th centuries, early colonists brought the tomato back to Europe, but it was slow to catch on. Many thought it was poisonous. Now the tomato is an important part of cuisines all over the world.



Did You Know?

- Botanically speaking, tomatoes are the fruit of the tomato plant. Tomatoes are actually classified as berries.
- The word tomato comes from the Spanish word tomate, which in turn comes from the Aztec word xitomatl, meaning "plump fruit with a navel."
- The Aztecs would mash up tomatoes with chili peppers and squash seeds - the first salsa!
- La Tomatina is a festival that happens every August in Spain. Thousands of people gather to throw tomatoes at each other for fun! It is the world's biggest tomato fight!

