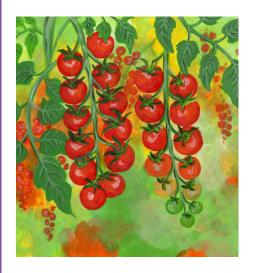
Harvest of the Month *



CHERRY TOMATOES



TASTE - MAKE - LEARN

The Humboldt County Office of Education put this kit together so you can do Harvest of the Month with your family!

- 1. TASTE a cherry tomato.
- 2. MAKE a dish with cherry tomatoes using the recipe and ingredients provided.
- 3. LEARN about cherry tomatoes with the information below.

Fun Facts

- Cherry tomatoes are part of the nightshade family which includes peppers, eggplant, and potatoes.
- The Aztecs would mash up tomatoes with chili peppers and squash seeds the first salsa!
- Cherry tomatoes come in a huge array of colors and have names like pink bumblebee, green envy, and indigo cherry drops!
- Cherry tomatoes are a good source of potassium which helps your heart beat, and vitamin C which helps your bones stay strong!

Local Connection





Amy and Fred of Luna Farm in
Redcrest (left) and Jennifer and
Michael of Willow Creek Farms in
Willow Creek (right) grow a lot
of cherry tomatoes! Their
market stands burst with
color this time of year.

Nutrition Programs & Services



Need help with food? Add to your food budget with the CalFresh program. Visit benefitscal.com or call 1-877-410-8809 to find out if you qualify.